

# Personalised Packages Range for:

4D Health 5

**Benefits effective from 1<sup>st</sup> April 2025**

**Personalised Packages** are extra benefits that you can add to your health insurance plan allowing you to tailor your cover to suit your lifestyle. You can add 4 Personalised Packages from the 8 detailed below to your plan at no extra cost.

Personalised Packages	
Fertility Extra	
Fertility benefit	50% cover up to a max of €1,000 for IVF, IUI, ICSI. Twice per lifetime.
Egg freezing	50% cover up to a max of €1,000 once per lifetime
Sperm freezing	50% cover up to a max of €125 once per lifetime
AMH Fertility test	€75 contribution
His & Hers Fertility Screening Tests	€70 contribution
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
Maternity Extra	
3D/4D & Early Pregnancy Scans	€70 contribution
Antenatal Class	€75 towards an antenatal class
Zika screening	€75 contribution with our provider partner plus €10 point of sale discount
Flu Vaccination	Covered up to €25 per policy year
Breastfeeding Consultancy Visits	€50 x 2 visits
Postnatal Domestic Support	3 x 3 hour cleaning sessions
Postnatal Doula Benefit	Up to €200 contribution
Home Early Midwife Support following 1 night stay in hospital	4 x 2 hour sessions with a midwife
Home Early Midwife Support following 2 nights stay in hospital	3 x 2 hour sessions with a midwife
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Pre/Post Natal Yoga & Pilates	€20 x 3 visits
Partner Expenses	€50 x 2 days travel, accommodation & child minding expenses
Baby massage course	€40 for course of 4 classes
First Aid course for Mums and Dads	10% point of sale discount plus €90 contribution with our provider partner
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
Children Extra	
Paediatrician visits	€100 x 1 visit
Parenting Course	€50 contribution to 1 course

Kids Sports Clubs	€50 contribution
Play Therapy	€40 x 8 visits
Child/Teen counselling	50% up to €50 x 10 visits
Child/Teen orthodontics	€100 cash benefit
SADS screening benefit	€50 contribution
Child Speech & Language therapist	50% up to €30 x 10 visits
Meningitis B / Chicken Pox Vaccines	€50 contribution per course of treatment
Mind Extra	
Mindfulness app subscription	€30 contribution
Stress Reduction Programme (MBSR)	€100 contribution
Self-Compassion Programme (MSC)	€100 contribution
Life coaching	€50 contribution
Cognitive Behavioural Therapy for ADHD	€40 x 8 visits
Positive Mental Health Training	€10 contribution towards 12 track programme with our provider partner
Massage therapist	€25 x 2 visits
Meditation support devices	€50 contribution
Yoga/Pilates classes	€25 x 4 visits
Travel Extra	
Additional costs arising from in-patient claim	€1,500
Additional costs arising from out-patient claim	€500
Out-patient A&E abroad	50% up to €1,000
Travel Vaccine Consultation	€75 contribution with our provider partner
Travel Vaccination	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€30 x 1 prescription
Sports Extra	
Fitness Test & Personalised Exercise Programme	€300 every 2 years with our provider partner
Sports Psychologist visits	€30 x 3 visits
Physiotherapist or Physical Therapist	€30 x 3 visits
Sports club / Gym membership / Classes	€50 contribution
VO2 Max Testing	€30 contribution with our provider partner
Metabolic Testing	Fully covered for a standard test with Health Matters
Sports Massage / Personal Training Sessions	€30 x 3 sessions
Wearable Trackers	€50 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €50
Foam Roller Benefit	50% back up to €30
SADS Screening Benefit	€75 contribution
You Extra	
Orthodontics	€100 cash benefit

<b>Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress</b>	50% up to €75 with our provider partner
<b>Laser treatment - skin conditions</b>	€25 contribution
<b>Laser treatment - facial hair</b>	€25 contribution
<b>Dermatology Benefit</b>	€150 contribution with Provider Partner
<b>Laser eye surgery benefit</b>	Up to €400 once per lifetime
<b>Mindfulness Course</b>	€75 cash back
<b>Dietician or Nutritionist</b>	€30 x 3 visits
<b>Sports Club / Gym Membership / Classes</b>	€50 contribution
<b>Sexual Health Screening - Simple 2 Test</b>	€35 contribution with our provider partner
<b>Vasectomy (GP or Consultant)</b>	Covered up to €360
<b>One hour teeth whitening</b>	10% point of sale discount plus 10% contribution up to max. of €25
<b>Weight Management 20 week programme</b>	€60 point of sale discount plus €40 contribution with Motivation.ie
<b>Flu vaccination</b>	Covered up to €25 per policy year

Screening Extra	
<b>MRI Scan: non approved centre</b>	€75 contribution
<b>CT Scan: non approved centre</b>	€75 contribution
<b>PET-CT Scan: non approved centre</b>	€75 contribution
<b>SADS screening benefit</b>	€75 contribution
<b>Men's Cancer Screening</b>	€50 contribution
<b>Women's Cancer Screening</b>	€50 contribution
<b>Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress</b>	50% up to €75 with our provider partner
<b>At Home Health Testing</b>	Covered up to €75 per policy year with our provider partner
<b>Fitness Test &amp; Personalised Exercise Programme</b>	€200 every 2 years with our provider partner

Footnotes
(1) All procedure lists are available on <a href="http://www.irishlifehealth.ie">www.irishlifehealth.ie</a> or available on request by calling Irish Life Health on 01 562 5100.