

## Personalised Packages Range for:

- Kick-Off Plan ILH
- Kick-Off Upgrade ILH
- Nurture Plan ILH
- Nurture Plus ILH

### Benefits effective from January 1<sup>st</sup> 2019

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 1 Personalised Package from the 2 detailed below to your plan at no extra cost.

Personalised Packages	
<b>Enhanced Protection &amp; Maternity</b>	
Partner Benefit	€40 per birth
Home birth grant-in-aid	€4,000
Pre/post natal maternity costs	Covered up to €300
Antenatal Class	€30 towards an antenatal class, or, €30 contribution & 10% point of sale discount with GentleBirth Workshop
Breastfeeding consultancy	€25 x 2 visits
Maternity Mental Health Support	€40 x 5 sessions with Nurture
3&4D scans (provided by Babyscan or MD Ultrasound)	€25 point of sale discount plus €25 contribution
Pre/post natal yoga & pilates	€20 x 2 visits
AMH fertility test	€50 contribution
His & Hers Fertility screening tests	€40 contribution
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Early pregnancy scan	€15 point of sale discount plus €15 contribution
Baby sleep consultation	€20 point of sale discount plus €20 contribution
Baby Massage	€40 for course of 4 classes
Meningitis B / Chicken Pox Vaccinations	€50 contribution
Zika Screen	€50 contribution with our provider partner plus €10 point of sale discount
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
<b>Travel &amp; Sports Cover</b>	
Physiotherapist or Physical therapist	€25 x 3 visits
V02 Max Testing	€10 point of sale discount plus €20 contribution
Sports massage	€25 x 3 visits
Sports psychologist	€25 x 3 visits
A&E Cover (including Private A&E)	€30 x 2 visits
SADS screening	€50 contribution
Adult Athletics Ireland membership	€30 contribution
Adult sports club/gym membership	€30 contribution

<b>Fitted Gum Shield / Protective sports gear</b>	50% back up to €20
<b>Personal training sessions</b>	€25 x 3 sessions
<b>Wearable tracking devices</b>	€20 contribution
<b>Yoga/pilates classes</b>	€25 x 3 classes
<b>Foam roller</b>	50% back up to €30
<b>Travel Vaccine Consultation</b>	€30 contribution with our provider partner
<b>Travel vaccine</b>	€50 contribution with our provider partner plus 10% point of sale discount
<b>Prescriptions Overseas</b>	€15 x 1 prescription