

## Personalised Packages Range for:

- Best Ultimate 2 ILH
- Best Smart ILH
- Best Ultimate Active ILH
- Better Active ILH
- Better Advantage ILH
- Better ILH
- Better Ultra ILH
- Net More 100 ILH
- Net More 300 ILH
- Net More 500 ILH
- Net Most 100 ILH
- Net Most 300 ILH
- Net Most 500 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 either 2, 3 or 4 Personalised Packages from the 8 detailed below to your plan at no extra cost.

Personalised Packages	
<b>Complementary Therapy</b>	
Acupuncturist	€25 x 3 visits
Chiropractor	€25 x 3 visits
Massage Therapist	€25 x 3 visits
Nutritionist or Dietician	€25 x 3 visits
Osteopath	€25 x 3 visits
Physiotherapist or Physical therapist	€25 x 3 visits
Reflexologist	€25 x 3 visits
Reiki practitioner	€25 x 3 visits
<b>Dental And Optical</b>	
Contact lenses	10% online discount with provider partner
Emergency Dental Care	€350 contribution
Eye test with Opticalrooms	Fully covered (€35 point of sale discount plus €15 contribution)
Laser eye surgery	20% point of sale discount
One hour teeth whitening	10% point of sale discount plus 10% contribution up to max. of €25
Orthodontic benefit	Up to €100 per policy year
Designer prescription glasses	€30 off the €149+ range with Opticalrooms
Retainers & fitted gum shields	€25 contribution
X-ray, check up, scale and polish	€50 x 1 visit
<b>Enhanced Maternity</b>	
3&4D scans (provided by Babyscan or MD Ultrasound)	€25 point of sale discount plus €25 contribution
AMH fertility test	€50 contribution
Baby Massage	€40 for course of 4 classes
Baby sleep consultation	€20 point of sale discount plus €20 contribution
Baby swimming classes	10% point of sale discount plus 10% contribution
Breastfeeding consultancy	€25 x 2 visits
Early pregnancy scan	€15 point of sale discount plus €15 contribution
Maternity Mental Health Support	€40 x 8 sessions with Nurture

His & Hers Fertility Screening tests	€40 contribution
Home birth grant-in-aid	€4000
Home Early Support following 1 night stay in hospital	2 hours midwife and 3 x 3 hours with postnatal supporter
Home Early Support following 2 nights stay in hospital	1 hour midwife and 2 x 3 hours with postnatal supporter
Partner Benefit	€40 per birth
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Postnatal Support	1 x 3 hour session with postnatal supporter
Pre/post natal maternity costs	Covered up to €300
Pre/post natal yoga & pilates	€20 x 2 visits
Antenatal Class	€50 towards an antenatal class, or, €50 contribution & 10% point of sale discount with GentleBirth Workshop
Zika Screening	€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>Family And Kids Health</b>	
Paediatrician Visits	€100 x 1 visit
Adult Athletics Ireland membership	€30 contribution
Flu vaccine	Fully covered with our provider partner
Baby swimming classes	10% point of sale discount plus 10% contribution
Child developmental tests	€30 point of sale discount plus €30 contribution
Child nutritionist	€25 x 3 visits
Child speech & language therapy	€25 x 3 visits
Child sports club membership	€30 contribution
Child/Teen Counselling	50% up to €30 x 8 visits
First aid course for mums and dads	10% point of sale discount plus €90 contribution with our provider partner
Parent accompanying child (no minimum stay)	€25 x 3 days
Parenting course	€50 contribution to 1 course
<b>Family Protection</b>	
Flu vaccine	Fully covered with our provider partner
First aid course for mums and dads	10% point of sale discount plus €90 contribution with our provider partner
Meningitis B / Chicken Pox vaccines	€50 contribution
SADS screening	€50 contribution
<b>International Health And Travel</b>	
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
Prescriptions abroad	€15 x 1 prescription

Travel Consultation	€30 contribution with our provider partner
Travel Vaccine	€50 contribution with our provider partner plus 10% point of sale discount
Elective Treatment abroad - up to the amount that would have been paid in Ireland	Covered
<b>Sports Cover</b>	
A&E Cover (including Private A&E)	€30 x 2 visits
Adult Athletics Ireland membership	€30 contribution
Adult sports club/gym membership	€30 contribution
Fitted Gum Shield / Protective Sports gear	50% back up to €20
Foam roller	50% back up to €30
Health screen	€50 x 1 per policy year
Metabolic testing	Fully covered for a standard test with Health Matters
Personal training sessions	€25 x 3 sessions
Physiotherapist or Physical therapist	€25 x 3 visits
SADS screening	€50 contribution
Sports massage	€25 x 3 visits
Sports psychologist	€25 x 3 visits
V02 Max Testing	€10 point of sale discount plus €20 contribution
Wearable trackers	€20 contribution
<b>Women's And Men's Health</b>	
Acupuncturist	€25 x 3 visits
Dexa Scan	€40 contribution
Flu vaccine	Fully covered with our provider partner
Health screen	€30 x 1 per policy year
Mammogram	€40 contribution
Nutritionist or Dietician	€25 x 3 visits
Prostate check / screen	€40 contribution
Testicular check / screen	€40 contribution
Sexual Health Screening - Simple 2 Test	Covered
Sexual Health Screening - HPV	Covered
Sexual Health Screening – Standard 6 Test	30% point of sale discount plus €40 contribution
Smear testing	€40 contribution
Weight management 10 week programme	15% point of sale discount plus 10% contribution with Motivation.ie
Mindfulness classes	€30 cash back
Vasectomy (GP Only)	Covered up to €360
Yoga/pilates classes	€25 x 3 classes

#### Footnotes

(1) All procedure lists are available on [www.irishlifehealth.ie](http://www.irishlifehealth.ie) or available on request by calling Irish Life Health on 1890 717 717.

