

## Personalised Packages Range for:

MyPlan 500 Day to Day

Benefits effective from January 1<sup>st</sup> 2024

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 5 detailed below to your plan at no extra cost.

Personalised Packages	
Fitness Focus	
Sports Club / Gym Membership / Classes	€20 contribution
Fitness Wearables	€20 contribution
Dietician or Nutritionist Consultation	€20 contribution
Healthy Meals Benefit	€20 contribution with our provider partner
Physiotherapist or Physical Therapist	€20 contribution x 2 visits
VO2 Max Testing	€20 contribution with our provider partner
Sports Massage or Personal Training Sessions	€20 contribution
Mind & Body	
Life Coaching Session	€20 contribution
Mindfulness Course	€20 contribution
Dietician or Nutritionist Consultation	€20 contribution
Dermatology Benefit	€30 contribution with our provider partner
At Home Health Testing	Covered up to €30 per policy year with our provider partner
Health screening & allergy testing	Up to €50 per policy year
Lifestyle Genomic Testing - Nutrition, Fitness, Sleep & Stress	50% up to €30 with our provider partner
Child Development	
Play Therapy	50% up to €20 x 5 visits
Child Development Benefit	€50 contribution for a developmental/ neurodevelopmental assessment
Child/Teen counselling	50% up to €20 x 5 visits
Child Speech & Language therapist	50% up to €20 x 5 visits
Child Home Nursing	€100 x 14 days (following inpatient stay of minimum 5 days)
Parent accompanying child	€40 x 14 days (not payable for the first 3 days)
Parenting Course	€20 contribution to 1 course
Fertility & Maternity	
Fertility benefit	Covered up to a max of €100 for IVF, IUI, ICSI. Twice per lifetime.
AMH Fertility test	€20 contribution
His & Hers Fertility Screening Tests	€20 contribution

<b>Welcome Home Food Hamper</b>	Hamper and 30-minute phone consultation with a nutritionist
<b>GentleBirth App</b>	See handbook for details
<b>Antenatal Class</b>	€20 contribution
<b>3D/4D &amp; Early Pregnancy Scans</b>	€20 contribution
<b>Out-patient maternity consultant fees</b>	€100 contribution
<b>Travel Focus</b>	
<b>Additional costs arising from In-patient claim</b>	€500
<b>Additional costs arising from Out-patient claim</b>	€200
<b>Out-patient A&amp;E abroad</b>	50% up to €500
<b>Travel Vaccine Consultation</b>	€20 contribution with our provider partner
<b>Travel Vaccination</b>	€30 contribution with our provider partner plus 10% point of sale discount
<b>Prescriptions Abroad</b>	€15 x 1 prescription