

day-to-day me

Effective from 1st October 2020

You should read this table of cover along with the Health Plans membership handbook effective from October 2020, which you can find on irishlifehealth.ie/more-info.



Day to Day Benefits

Day to Day Benefits subject to excess

Individual Day-to-day excess	€1
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Day to Day Practitioners (Benefits can be pooled)

GP Visits	€30 x 3 visits
Digital Doctor	Unlimited. See irishlifehealth.ie for further information.
Dentist Visits	€30 x 3 visits
Physiotherapist or Physical therapist	€30 x 5 visits



Allied Health Professionals and Alternative Practitioners (Benefits can be pooled)

Acupuncturist	€30 x 3 combined visits
Chiropodist	€30 x 3 combined visits
Chiropractor	€30 x 3 combined visits
Dietician	€30 x 3 combined visits
Homeopath	€30 x 3 combined visits
Massage therapist	€30 x 3 combined visits
Medical herbalist	€30 x 3 combined visits
Occupational therapist	€30 x 3 combined visits
Osteopath	€30 x 3 combined visits
Reflexologist	€30 x 3 combined visits