

2 What you're covered for day-to-day me

Effective from 1st April 2025



You should read this table of cover along with the Health Plans membership handbook effective from April 2025, 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	€10
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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 ¹
Chiroprapist	€30 x 3 combined visits ¹
Chiropractor	€30 x 3 combined visits ¹
Dietician	€30 x 3 combined visits ¹
Homeopath	€30 x 3 combined visits ¹
Massage therapist	€30 x 3 combined visits ¹
Medical herbalist	€30 x 3 combined visits ¹
Occupational therapist	€30 x 3 combined visits ¹
Osteopath	€30 x 3 combined visits ¹
Reflexologist	€30 x 3 combined visits ¹

¹ The number of practitioner visits you can claim for these benefits is capped at the overall maximum noted beside "combined visits". You may submit receipts across any combination of practitioners showing a combined benefit. Claims will be paid up to the maximum number of visits for "combined visits" per policy year and not for each type of practitioner visit separately.