

me plan Level 1 with day-to-day me

Effective from 1st November 2022

You should read this table of cover along with the Health Plans membership handbook effective from November 2022, which you can find on irishlifehealth.ie/more-info. The hospitals and treatment centres covered on this plan are set out in List 1 in Part 12 of your Health Plans membership handbook.

In-patient Benefits

Hospital Cover

Inpatient Consultant fees and Inpatient Scans are fully covered

Benefits	Public Hospital	Private Hospital	High-tech Hospital
Semi Private Room	Covered	65% Cover	35% Cover
Private Room	Covered	45% Cover	25% Cover
Day Case	Covered	60% Cover	35% Cover
Listed Cardiac Procedures ¹	-	-	35% Cover
Listed Special Procedures ¹	-	-	35% Cover

Maternity

Public hospital cover for maternity	3 nights accommodation
Home birth	Covered up to €400
Inpatient maternity consultant fees	As per schedule of benefits for professional fees ²
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details

Emergency Inpatient Treatment Abroad and related benefits

Hospital bill for inpatient treatment	Covered up to €55,000
Repatriation expenses	Covered up to €1 million
Expenses for companion who remains with you	Covered up to €1,000
Companion repatriation expenses	Covered up to €1,000
24 hour telephone assistance	Covered

Elective overseas referral

Benefit abroad for surgical procedures that are available in Ireland	Yes - subject to level of cover available in Ireland
Benefit abroad for surgical procedures that are not available in Ireland	Yes - up to the amount for the most similar surgical procedure to treat the same condition in Ireland

Psychiatric Treatment

Not related to substance abuse	150 days (up to the level of Hospital Cover provided under your plan)
Related to substance abuse	91 days per 5 years (up to the level of Hospital Cover provided under your plan)

Other Benefits

Oncotype DX	Covered
Health in the Home	Covered with our provider partner
Care Connect	Covered (refer to membership handbook)
EXOGEN therapy	Covered with our provider partner
Convalescence benefits	€26 x 14 days
Healthy Minds	Online access to mental health assessments and content and up to 6 counselling sessions via phone, chat, video or face to face
Cancer Support Benefit (for accommodation expenses when travelling more than 50km)	Up to €100 per day up to a maximum of €1500 per calendar year
Medical ambulance costs	Covered (refer to Membership Handbook)

Out-patient Benefits

Out-patient Benefits not subject to excess

Nurse on call	Covered
Digital Doctor	Unlimited. See irishlifehealth.ie for further information.
Minor Injury Clinic Cover	70% up to €200 per visit
Minor Injury Clinic Cover (Pay & Claim)	70% up to €200 per visit
Antenatal Class	€30 towards an antenatal class
Maternity Mental Health Support	€40 x 5 sessions with Nurture
HPV Vaccine	50% up to €200 per policy year
MRI Scan: approved centre	Covered
CT Scan: approved centre	Covered
PET-CT Scan: approved centre	Covered

Out-patient Benefits subject to excess

Outpatient excess per person	€25
Maximum amount of outpatient benefits per member per policy year	€4000
GP Visits	€15 x 5 visits
Manual Lymph Drainage	€50 x 5 visits
Psycho-oncology Counselling	€40 x 5 visits
Emergency Dental Care	€450
Consultant fees	€55 per visit
Home Recovery Benefit	€80 x 10 days
Public A&E Cover	€20 per annum
Medical and surgical appliances	As per specified list ³
Pathology: Cost of test	Covered
Pathology: Consultant fees	As per schedule of benefits for professional fees ²
Radiology: Cost of test	Covered
Radiology: Consultant fees	As per schedule of benefits for professional fees ²
MRI Scan: non approved centre	Not covered on this plan
CT Scan: non approved centre	Not covered on this plan
PET-CT Scan: non approved centre	Not covered on this plan



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
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 ⁴
Chiropodist	€30 x 3 combined visits ⁴
Chiropractor	€30 x 3 combined visits ⁴
Dietician	€30 x 3 combined visits ⁴
Homeopath	€30 x 3 combined visits ⁴
Massage therapist	€30 x 3 combined visits ⁴
Medical herbalist	€30 x 3 combined visits ⁴
Occupational therapist	€30 x 3 combined visits ⁴
Osteopath	€30 x 3 combined visits ⁴
Reflexologist	€30 x 3 combined visits ⁴

Please note that certain eligible benefits can be claimed either as a day to day benefit or as an outpatient benefit. The level of benefit payable will be the greater of either day to day or outpatient.



Members Benefits

Allen Carr Smoking Cessation	Back Up
Laser Eye Surgery	Smiles Dental Access Package
For full details on the above and all member benefits available to you please visit the 'Member Benefits' section of www.irishlifehealth.ie	

All private or high-tech hospital claims will be capped at 66% of the total cost up to the benefit level listed on your table of cover, this includes outpatient scans and treatments.

¹ All procedure lists are available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 01 562 5100.

² The schedule of benefits is available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 01 562 5100.

³ The medical and surgical appliances list is available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 01 562 5100.

⁴ 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.