4D Health 5

Table of Cover effective from 1st July 2026

You must read this table of cover along with the Tailored Health Plans membership handbook effective from July 2026, which you can find on irishlifehealth.ie/more-info. The hospitals and treatment centres covered on this plan are set out in List A which you can find on irishlife.ie/health-insurance/hospital-lists/

IN PATIENT BENEFITS	
Hospital cover	
Consultants fees	Covered
Inpatient scans	Covered
Public Hospital	
Semi-private room	Covered
Private room	Covered
Day case	Covered
Private Hospital	
Semi-private room	Covered subject to €1,500 co-payment on certain orthopaedic procedures[1]
Private room	Covered subject to €50 excess per claim subject to €1,500 co-payment on certain orthopaedic procedures [1]
Day case	Covered
High-tech Hospital	
Semi-private room	Covered (Beacon Only). Mater Private and Blackrock Clinic 50% cover
Private room	Covered (Beacon only) subject to €50 excess per claim. 50% Cover in Blackrock Clinic and Mater Private
Day case	Covered
Listed cardiac procedures[1]	Covered
Listed special procedures[1]	Covered subject to €50 excess per claim subject to €1,500 co-payment on certain orthopaedic procedures [1]
Maternity	
Public hospital cover for maternity	3 nights accommodation
Home birth	Covered up to €4,000
Inpatient maternity consultant fees	As per schedule of benefits for professional fees[2]
Emergency Inpatient Treatment Abroad and related benefits	
Hospital bill for inpatient treatment	Covered up to €100,000
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	
Elective Procedure abroad - for procedures that are not available in Ireland	Covered up to the amount for the most similar procedure to treat the same condition in Ireland to a maximum of €125,000
Elective Procedure abroad - for procedures that are available in Ireland	Covered up to the level of cover available in Ireland to a maximum of €125,000
Psychiatric treatment	

Not related to substance abuse	120 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 inpatient benefits	
Oncotype DX	Covered
Health in the Home	Covered with our provider partner
Care Connect	Covered (refer to membership handbook)
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)
Cancer Support Benefit (for accommodation expenses when travelling more than 50km)	Up to €100 per day for up to a maximum of €1500 per calendar year
Gender affirmation benefit	50% Cover up to €120,000 per lifetime
Genetic Testing: Initial consultation	50% cover
Genetic Testing: Test for specified genetic mutations	Covered in approved clinics with our approved consultant
Healthy Minds	Online access to mental health assessments and content and up to 6 counselling sessions via phone, chat, video or face to face
Mental Health Guide	Covered (refer to membership handbook)
Medicall ambulance costs	Covered (refer to membership handbook)
Genetic Testing for Cancer Treatment Options - Foundation One CDx	Covered

OUTPATIENT BENEFITS – not subject to excess	
Nurse-on-call	Yes
Digital Doctor	Unlimited. See irishlifehealth.ie for further information.
Female Health Consultation	50% cover x 4 consultations per year with our provider partner
Female Fertility Assessment and Consultation	Covered with our preferred provider, once per policy year subject to a €60 co-payment
Irish Life Health ExpressCare Clinic Cover	75% up to €500 per visit
Minor Injury Clinic Cover (Pay & Claim)	75% up to €500 per visit
HPV Vaccine	50% up to €200 per policy year
Convalescence benefits	€50 x 15 days
Out-patient maternity consultant fees	€600
Essential Health Check	Covered with our preferred provider, twice per policy year subject to a €50 co-payment
Menopause	80% cover for initial consultation
Nutrition Recovery Benefit	€50 contribution
Health screening & allergy testing	Up to €300 per policy year
Child Development Benefit	75% up to €300 for a developmental / neurodevelopmental assessment
Psychotherapy and counselling benefit (including practitioners at the Dean Clinic)	50% up to 12 visits capped at €1,000 per policy year
Mammogram	First visit fully covered
Dexa Scan	First visit fully covered
Out-patient scan cover (in approved centres)	
MRI Scan: approved centre	Covered
CT Scan: approved centre	Covered
PET-CT	Covered
Dexa Scan: approved centre	Covered
Mammogram Scan: approved centre	Covered

OUTPATIENT BENEFITS – subject to excess	
Individual excess	€1
Maximum amount of outpatient benefits per member per policy year	€4,000
Consultant fees	75% up to €190 per visit
Public A & E cover	50% up to €50 per visit
Psycho-oncology counselling	50% up to €25 x 8 visits
Manual lymph drainage	50% up to €25 x 5 visits
Home Recovery Benefit	€80 x 10 days
Emergency dental care	Up to €250
Medical and surgical appliances	As per specified list$_3$ (subject to €50 excess)
Eyebrow tattooing (following cancer treatment)	Covered up to €150 once per policy year

Breast prosthesis or wig (following cancer treatment)	First breast prosthesis and wig covered, subsequent claims covered as per specified list
Pathology-cost of test	50% Covered
Pathology consultant fees	50% As per schedule of benefits for professional fees$_2$
Radiology - cost of test	50% Covered
Radiology consultant fees	50% As per schedule of benefits for professional fees$_2$

DAY TO DAY BENEFITS	
Individual Day-to-day excess	€10
Day to day Practitioners	
GP visits	75% up to €60 per visit
Dentist Visits (Routine Treatment)	50% up to €50 per policy year
Dentist Visits (Non Routine Treatment)	50% up to €250 per policy year
Physiotherapist or Physical therapist	€40 x 15 visits
Allied Health Professionals and Alternative Practitioners	
Acupuncturist	50% up to €35 x 12 combined visits4
Chiropractor	50% up to €35 x 12 combined visits4
Homeopath	50% up to €35 x 12 combined visits4
Massage therapist	50% up to €35 x 12 combined visits4
Osteopath	50% up to €35 x 12 combined visits4
Reflexologist	50% up to €35 x 12 combined visits4
Reiki practitioner	50% up to €35 x 12 combined visits4
Other day to day benefits	
Chiropodist	50% up to €35 x 12 combined visits4
Psychologist	€25 x 10 visits
Dietician	50% up to €35 x 12 combined visits4
Hearing test	Up to €25 x 1
Nutritionist	50% up to €35 x 12 combined visits4
Occupational therapist	50% up to €35 x 12 combined visits4
Optical (eye test and/or glasses/lenses combined)	50% up to €150 per policy year
Orthoptist	50% up to €35 x 12 combined visits4
Podiatrist	50% up to €35 x 12 combined visits4
Prescriptions	€20 x 5 prescriptions
Speech therapist	50% up to €35 x 12 combined visits4
There may be instances where Out-patient Benefits and Day-to-day Benefits apply to the same medical expenses. In this instance when claiming online, please check your Table of Cover to choose the section you wish to claim under.	

Personalised Packages

Choice of 4 Personalised Packages from range of 8

MEMBER BENEFITS	
International Second Opinion Service	Back Up
Laser Eye Surgery	Health Screening
These benefits may change from time to time, for full details on all member benefits available to you please visit the 'Member Benefits' section of www.irishlifehealth.ie	

Footnotes

(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.