Personalised Packages Range for:

4D Health 5

Benefits effective from 1st July 2026

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 4 Personalised Packages from the 8 detailed below to your plan at no extra cost. 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

Personalised Packages	
Fertility Extra	
Fertility benefit	50% cover up to a max of €1,000 for IVF, IUI, ICSI. Twice per lifetime.
Egg freezing	50% cover up to a max of €1,000 once per lifetime
Sperm freezing	50% cover up to a max of €125 once per lifetime
AMH Fertility test	€75 contribution
His & Hers Fertility Screening Tests	€70 contribution
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
Maternity Extra	
3D/4D & Early Pregnancy Scans	€70 contribution
Antenatal Class	€75 towards an antenatal class
Zika screening	€75 contribution with our provider partner plus €10 point of sale discount
Flu Vaccination	Covered up to €25 per policy year
Breastfeeding Consultancy Visits	€50 x 2 visits
Postnatal Domestic Cleaning Support	Covered up to €60 for a 2 hour cleaning session three times per year
Postnatal Doula Benefit	Up to €200 contribution
Home Early Midwife Support following 1 night stay in hospital	4 x 2 hour sessions with a midwife
Home Early Midwife Support following 2 nights stay in hospital	3 x 2 hour sessions with a midwife
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Pre/Post Natal Yoga & Pilates	€20 x 3 visits
Partner Expenses	€50 x 2 days travel, accommodation & child minding expenses
Baby massage course	€40 for course of 4 classes
First Aid course for Mums and Dads	10% point of sale discount plus €90 contribution with our provider partner
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
Children Extra	
Paediatrician visits	€100 x 1 visit

Parenting Course	€50 contribution to 1 course
Kids Sports Clubs	€50 contribution
Play Therapy	€40 x 8 visits
Child/Teen counselling	50% up to €50 x 10 visits
Child/Teen orthodontics	€100 cash benefit
SADS screening benefit	€50 contribution
Child Speech & Language therapist	50% up to €30 x 10 visits
Meningitis B / Chicken Pox Vaccines	€50 contribution per course of treatment
Mind Extra	
Mindfulness app subscription	€30 contribution with our provider partner
Stress Reduction Programme (MBSR)	€100 contribution
Self-Compassion Programme (MSC)	€100 contribution
Life coaching	€50 contribution
Cognitive Behavioural Therapy for ADHD	€40 x 8 visits
Positive Mental Health Training	€10 contribution towards 12 track programme with our provider partner
Massage therapist	€25 x 2 visits
Meditation support devices	€50 contribution
Yoga/Pilates classes	€25 x 4 visits
Travel Extra	
Additional costs arising from in-patient claim	€1,500
Additional costs arising from out-patient claim	€500
Out-patient A&E abroad	50% up to €1,000
Travel Vaccine Consultation	€75 contribution with our provider partner
Travel Vaccination	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€30 x 1 prescription
Sports Extra	
Fitness Test & Personalised Exercise Programme	€300 every 2 years with our provider partner
Sports Psychologist visits	€30 x 3 visits
Physiotherapist or Physical Therapist	€30 x 3 visits
Sports club / Gym membership / Classes	€50 contribution
VO2 Max Testing	€30 contribution with our provider partner
Metabolic Testing	Fully covered for a standard test with Health Matters
Sports Massage / Personal Training Sessions	€30 x 3 sessions
Wearable Trackers	€50 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €50
Foam Roller Benefit	50% back up to €30
SADS Screening Benefit	€75 contribution
You Extra	
Orthodontics	€100 cash benefit

Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress	50% up to €75 with our provider partner
Laser treatment - skin conditions	€25 contribution
Laser treatment - facial hair	€25 contribution
Dermatology Benefit	€150 contribution with Provider Partner
Laser eye surgery benefit	Up to €400 once per lifetime
Mindfulness Course	€75 cash back
Dietician or Nutritionist	€30 x 3 visits
Sports Club / Gym Membership / Classes	€50 contribution
Sexual Health Screening - Simple 2 Test	€35 contribution with our provider partner
Vasectomy (GP or Consultant)	Covered up to €360
One hour teeth whitening	10% point of sale discount plus 10% contribution up to max. of €25 with our provider partner
Weight Management 20 week programme	€60 point of sale discount plus €40 contribution with Motivation.ie
Flu vaccination	Covered up to €25 per policy year

Screening Extra	
MRI Scan: non approved centre	€75 contribution
CT Scan: non approved centre	€75 contribution
PET-CT Scan: non approved centre	€75 contribution
SADS screening benefit	€75 contribution
Men's Cancer Screening	€50 contribution
Women's Cancer Screening	€50 contribution
Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress	50% up to €75 with our provider partner
At Home Health Testing	Covered up to €75 per policy year with our provider partner
Fitness Test & Personalised Exercise Programme	€200 every 2 years with our provider partner

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