# Personalised Packages Range for:

Better Select ILH

## 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 2 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 | |
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| **Fertility Extra** | |
| Fertility benefit | 50% cover up to a max of €2,000 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 | €50 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 |

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| Parenting Course | €50 contribution to 1 course |
| Kids Sports Clubs | €30 contribution |
| Play Therapy | €50 x 8 visits |
| Child/Teen counselling | €50 x 8 visits |
| Child/Teen orthodontics | €100 cash benefit |
| SADS screening benefit | €50 contribution |
| Child Speech & Language therapist | €50 x 8 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 | €30 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 | €20 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 | €30 contribution |
| Fitted Gum Shield / Protective Sports Gear | 50% back up to €30 |
| Foam Roller Benefit | 50% back up to €30 |
| SADS Screening Benefit | €75 contribution |
| **You Extra** | |
| Orthodontics | €100 cash benefit |

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| **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** | €75 contribution with Provider Partner |
| **Laser Eye Surgery Benefit** | Up to €300 once per lifetime |
| **Mindfulness Course** | €50 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** | |
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| **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** |
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| (1) All procedure lists are available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 01 562 5100. |