Personalised Packages Range for:

MyPlan 150 Day to Day

Benefits effective from 31st October 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 Package from the 5 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 October 2026, which you can find on irishlifehealth.ie/more-info

Personalised Packages	
Fitness Focus	
Sports Club / Gym Membership / Classes	€40 contribution
Fitness Wearables	€40 contribution
Dietician or Nutritionist Consultation	€40 contribution
Healthy Meals Benefit	€40 contribution with our provider partner
Physiotherapist or Physical Therapist	€25 contribution x 2 visits
VO2 Max Testing	€30 contribution with our provider partner
Sports Massage or Personal Training Sessions	€20 contribution
Mind & Body	
Life Coaching Session	€40 contribution
Mindfulness Course	€40 contribution
Dietician or Nutritionist Consultation	€40 contribution
Dermatology Benefit	€50 contribution with our provider partner
At Home Health Testing	Covered up to €50 per policy year with our provider partner
Health screening & allergy testing	Up to €80 per policy year
Lifestyle Genomic Testing - Nutrition, Fitness, Sleep & Stress	50% up to €50 with our provider partner
Child Development	
Play Therapy	50% up to €30 x 5 visits
Child Development Benefit	€75 contribution to a developmental/ neurodevelopmental assessment
Child/Teen counselling	50% up to €30 x 5 visits
Child Speech & Language therapist	50% up to €30 x 5 visits
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)
Parenting Course	€30 contribution to 1 course
Fertility & Maternity	
Fertility benefit	Covered up to a max of €200 for IVF, IUI, ICSI. Twice per lifetime.
AMH Fertility test	€40 contribution
His & Hers Fertility Screening Tests	€40 contribution

Welcome Home Food Hamper	Hamper and 30-minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
Antenatal Class	€40 contribution
3D/4D & Early Pregnancy Scans	€40 contribution
Out-patient maternity consultant fees	€200 contribution
Travel Focus	
Additional costs arising from In-patient claim	€1500
Additional costs arising from Out-patient claim	€500
Out-patient A&E abroad	50% up to €1,000
Travel Vaccine Consultation	€30 contribution with our provider partner
Travel Vaccination	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€15 x 1 prescription