

day-to-day most

Effective from 1st July 2021

You should read this table of cover along with the Health Plans membership handbook effective from July 2021, which you can find on irishlifehealth.ie/more-info.

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

GP Visits	€25 x 5 visits
Digital Doctor	Unlimited. See irishlifehealth.ie for further information.
Nurse on call	Covered
Dentist Visits	€25 x 5 visits
Physiotherapist or Physical therapist	€25 x 7 visits

Allied Health Professionals and Alternative Practitioners

Podiatrist	€25 x 5 combined visits ¹
Reflexologist	€25 x 5 combined visits ¹
Nutritionist	€25 x 5 combined visits ¹
Dietician	€25 x 5 combined visits ¹
Massage therapist	€25 x 5 combined visits ¹
Acupuncturist	€25 x 5 combined visits ¹
Osteopath	€25 x 5 combined visits ¹
Chiropractor	€25 x 5 combined visits ¹
Reiki practitioner	€25 x 5 combined visits ¹
Chiropodist	€25 x 5 combined visits ¹
Speech therapist	€25 x 5 combined visits ¹
Occupational therapist	€25 x 5 combined visits ¹
Orthoptist	€25 x 5 combined visits ¹
Homeopath	€25 x 5 combined visits ¹

Other Day-to-day Benefits

Optical (eye test and/or glasses/lenses combined)	€25 x 5 visits
Consultant fees (non-maternity)	€60 x 3 visits
Public A&E Cover	€40 x 3 visits
Health Screening & allergy testing	Up to €80 per policy year

¹ 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.