



ILERA-EKO SOCIAL HEALTH INSURANCE BENEFITS PACKAGE

TELEMEDECINE PLAN

DETAILS

- Teleconsultation (24-7 access to highly trained & licensed doctors)
- Telemonitoring
- Counselling
- Advice/prescription for medication, where available
- Medication delivery, where available
- Referrals to your nearest in-network facility
- Triage and care coordination
- Nutritional advice and exercise plans
- Fitness and stress relief programs
- Sleep disorders
- Healthy lifestyle counselling
- Fitness activity monitoring
- Access to Clinical Psychologist (Mental Health Services)

MATERNAL AND NEWBORN CARE

- Pre-natal and post-natal wellness counselling

PREMIUM TABLE

PLAN	PREMIUM (₦)
ILERA-EKO TELEMEDICINE PLAN	3,000