

Personalised Packages Range for:

- Best Ultimate 2 ILH
- Best Smart ILH
- Best Ultimate Active ILH
- Better Active ILH
- Better Advantage ILH
- Better ILH
- Better Ultra ILH
- Net More 100 ILH
- Net More 300 ILH
- Net More 500 ILH
- Net Most 100 ILH
- Net Most 300 ILH
- Net Most 500 ILH
- Net One ILH
- Health Active
- Health Ultra

Benefits effective from 1st November 2023

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 either 1, 2, 3 or 4 Personalised Packages from the 8 detailed below to your plan at no extra cost.

Personalised Packages	
Complementary Therapy	
Acupuncturist	€25 x 3 visits
Chiropractor	€25 x 3 visits
Massage Therapist	€25 x 3 visits
Nutritionist or Dietician	€25 x 3 visits
Osteopath	€25 x 3 visits
Physiotherapist or Physical therapist	€25 x 3 visits
Reflexologist	€25 x 3 visits
Reiki practitioner	€25 x 3 visits
Dental And Optical	
Contact lenses	10% online discount with provider partner
Emergency Dental Care	€350 contribution
Eye test with Opticalrooms	Fully covered (€35 point of sale discount plus €15 contribution)
Laser eye surgery	15% point of sale discount
One hour teeth whitening	10% point of sale discount plus 10% contribution up to max. of €25
Orthodontic benefit	Up to €100 per policy year
Designer prescription glasses	€30 off the €149+ range with Opticalrooms
Retainers & fitted gum shields	€25 contribution
X-ray, check up, scale and polish	€50 x 1 visit
Enhanced Maternity	
3&4D scans	€25 contribution
AMH fertility test	€50 contribution
Baby Massage	€40 for course of 4 classes
Baby sleep consultation	€20 point of sale discount plus €20 contribution
Baby swimming classes	20% up to €50 per policy year with our provider partner
Breastfeeding consultancy	€25 x 2 visits
Early pregnancy scan	€15 contribution

Maternity Mental Health Support	€40 x 8 sessions with Nurture
His & Hers Fertility Screening tests	€40 contribution
Home birth	€4000
Home Early Support following 1 night stay in hospital	2 hours midwife and 3 x 3 hours with postnatal supporter
Home Early Support following 2 nights stay in hospital	1 hour midwife and 2 x 3 hours with postnatal supporter
Partner Benefit	€40 per birth
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Postnatal Doula Support	1 x 3 hour session with postnatal supporter
Pre/post natal maternity costs	Covered up to €300
Pre/post natal yoga & pilates	€20 x 2 visits
Antenatal Class	€50 towards an antenatal class
Zika Screening	€50 contribution with our provider partner plus €10 point of sale discount
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
Family And Kids Health	
Paediatrician Visits	€100 x 1 visit
Adult Athletics Ireland membership	€30 contribution
Flu vaccine	Covered up to €25 per policy year
Baby swimming classes	20% up to €50 per policy year with our provider partner
Child nutritionist	€25 x 3 visits
Child speech & language therapy	€25 x 3 visits
Child sports club membership	€30 contribution
Child/Teen Counselling	50% up to €30 x 8 visits
First aid course for mums and dads	10% point of sale discount plus €90 contribution with our provider partner
Parent accompanying child (no minimum stay)	€25 x 3 days
Parenting course	€50 contribution to 1 course
Family Protection	
Flu vaccine	Covered up to €25 per policy year
First aid course for mums and dads	10% point of sale discount plus €90 contribution with our provider partner
Meningitis B / Chicken Pox vaccines	€50 contribution per course of treatment
SADS screening	€50 contribution
International Health And Travel	
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
Prescriptions abroad	€15 x 1 prescription

Travel Vaccine Consultation	€30 contribution with our provider partner
Travel Vaccine	€50 contribution with our provider partner plus 10% point of sale discount
Elective Treatment abroad - up to the amount that would have been paid in Ireland	Covered
Sports Cover	
A&E Cover (including Private A&E)	€30 x 2 visits
Adult Athletics Ireland membership	€30 contribution
Adult sports club/gym membership	€30 contribution
Fitted Gum Shield / Protective Sports gear	50% back up to €20
Foam roller	50% back up to €30
Health screen	€50 x 1 per policy year
Metabolic testing	Fully covered for a standard test with Health Matters
Personal training sessions	€25 x 3 sessions
Physiotherapist or Physical therapist	€25 x 3 visits
SADS screening	€50 contribution
Sports massage	€25 x 3 visits
Sports psychologist	€25 x 3 visits
V02 Max Testing	€10 point of sale discount plus €20 contribution
Wearable trackers	€20 contribution
Women's And Men's Health	
Acupuncturist	€25 x 3 visits
Dexa Scan	€40 contribution
Flu vaccine	Covered up to €25 per policy year
Health screen	€30 x 1 per policy year
Mammogram	€40 contribution
Nutritionist or Dietician	€25 x 3 visits
Prostate check / screen	€40 contribution
Testicular check / screen	€40 contribution
Sexual Health Screening - Simple 2 Test	€35 contribution with our provider partner
Sexual Health Screening - HPV	€50 contribution with our provider partner
Sexual Health Screening – Standard 6 Test	€40 contribution with our provider partner
Smear testing	€40 contribution
Weight management 20 week programme	€60 point of sale discount plus €40 contribution with Motivation.ie
Mindfulness classes	€30 cash back
Vasectomy (GP or Consultant)	Covered up to €360
Yoga/pilates classes	€25 x 3 classes

Footnotes

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

