

Personalised Packages Range for:

- Kick-Off Plan ILH
- Kick-Off Upgrade ILH
- Student Health Guard
- Nurture Plan ILH
- Nurture Plus ILH

Benefits effective from November 1st 2022

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 1 Personalised Package from the 2 detailed below to your plan at no extra cost.

Personalised Packages	
Enhanced Protection & Maternity	
Partner Benefit	€40 per birth
Home birth	€4,000
Pre/post natal maternity costs	Covered up to €300
Antenatal Class	€30 towards an antenatal class
Breastfeeding consultancy	€25 x 2 visits
Maternity Mental Health Support	€40 x 5 sessions with Nurture
3&4D scans	€25 contribution
Pre/post natal yoga & pilates	€20 x 2 visits
AMH fertility test	€50 contribution
His & Hers Fertility screening tests	€40 contribution
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Early pregnancy scan	€15 contribution
Baby sleep consultation	€20 point of sale discount plus €20 contribution
Baby Massage	€40 for course of 4 classes
Meningitis B / Chicken Pox Vaccinations	€50 contribution per course of treatment
Zika Screen	€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
Travel & Sports Cover	
Physiotherapist or Physical therapist	€25 x 3 visits
V02 Max Testing	€10 point of sale discount plus €20 contribution
Sports massage	€25 x 3 visits
Sports psychologist	€25 x 3 visits
A&E Cover (including Private A&E)	€30 x 2 visits
SADS screening	€50 contribution
Adult Athletics Ireland membership	€30 contribution
Adult sports club/gym membership	€30 contribution
Fitted Gum Shield / Protective sports gear	50% back up to €20

Personal training sessions	€25 x 3 sessions
Wearable tracking devices	€20 contribution
Yoga/pilates classes	€25 x 3 classes
Foam roller	50% back up to €30
Travel Vaccine Consultation	€30 contribution with our provider partner
Travel vaccine	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Overseas	€15 x 1 prescription