

## Personalised Packages Range for:

4D Health 2

Benefits effective from 1<sup>st</sup> July 2024

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 Packages from the 8 detailed below to your plan at no extra cost.

| Personalised Packages   |  |
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| <b>Fertility Extra</b>  |  |
| <b>Fertility benefit</b>                                      | 50% cover up to a max of €1,000 for IVF, IUI, ICSI. Twice per lifetime.    |
| <b>Egg freezing</b>   | 50% cover up to a max of €1,000 once per lifetime                          |
| <b>Sperm freezing</b>   | 50% cover up to a max of €125 once per lifetime                            |
| <b>AMH Fertility test</b>                                     | €50 contribution   |
| <b>His &amp; Hers Fertility Screening Tests</b>               | €50 contribution   |
| <b>Maternity Mental Health Support</b>                        | €40 x 8 sessions with Nurture  |
| <b>Nutritionist, Dietician or Acupuncturist</b>               | €25 x 2 visits   |
| <b>Maternity Extra</b>  |  |
| <b>3D/4D &amp; Early Pregnancy Scans</b>                      | €50 contribution   |
| <b>Antenatal Class</b>  | €50 towards an antenatal class   |
| <b>Zika screening</b>   | €50 contribution with our provider partner plus €10 point of sale discount |
| <b>Flu Vaccination</b>  | Covered up to €25 per policy year  |
| <b>Breastfeeding Consultancy Visits</b>                       | €25 x 2 visits   |
| <b>Postnatal Domestic Support</b>                             | 2 x 3 hour cleaning sessions   |
| <b>Postnatal Doula Support</b>                                | 1 x 3 hour session with postnatal supporter                                |
| <b>Home Early Support following 1 night stay in hospital</b>  | 2 hours midwife and 3 x 3 hours with postnatal supporter                   |
| <b>Home Early Support following 2 nights stay in hospital</b> | 1 hour midwife and 2 x 3 hours with postnatal supporter                    |
| <b>Maternity Mental Health Support</b>                        | €40 x 8 sessions with Nurture  |
| <b>Pre/Post Natal Yoga &amp; Pilates</b>                      | €20 x 3 visits   |
| <b>Partner Expenses</b>                                       | €50 x 1 day travel, accommodation & child minding expenses                 |
| <b>Baby massage course</b>                                    | €40 for course of 4 classes  |
| <b>First Aid course for Mums and Dads</b>                     | 10% point of sale discount plus €90 contribution with our provider partner |
| <b>Welcome Home Food Hamper</b>                               | Hamper and 30 minute phone consultation with a nutritionist                |
| <b>GentleBirth App</b>  | See handbook for details   |
| <b>Children Extra</b>   |  |
| <b>Paediatrician visits</b>                                   | €100 x 1 visit   |
| <b>Parenting Course</b>                                       | €50 contribution to 1 course   |

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| <b>Kids Sports Clubs</b>                                  | €30 contribution   |
| <b>Play Therapy</b>                                       | €30 x 5 visits   |
| <b>Child/Teen counselling</b>                             | 50% up to €40 x 8 visits   |
| <b>Child/Teen orthodontics</b>                            | €100 cash benefit  |
| <b>SADS screening benefit</b>                             | €50 contribution   |
| <b>Child Speech &amp; Language therapist</b>              | 50% up to €30 x 8 visits   |
| <b>Meningitis B / Chicken Pox Vaccines</b>                | €50 contribution per course of treatment                                   |
| <b>Mind Extra</b>   |  |
| <b>Mindfulness app subscription</b>                       | €30 contribution   |
| <b>Stress Reduction Programme (MBSR)</b>                  | €75 contribution   |
| <b>Self-Compassion Programme (MSC)</b>                    | €75 contribution   |
| <b>Life coaching</b>                                      | €30 contribution   |
| <b>Cognitive Behavioural Therapy for ADHD</b>             | €30 x 5 visits   |
| <b>Positive Mental Health Training</b>                    | €10 contribution towards 12 track programme with our provider partner      |
| <b>Massage therapist</b>                                  | €25 x 2 visits   |
| <b>Meditation support devices</b>                         | €30 contribution   |
| <b>Yoga/Pilates classes</b>                               | €25 x 4 visits   |
| <b>Travel Extra</b>                                       |  |
| <b>Additional costs arising from in-patient claim</b>     | €1,500   |
| <b>Additional costs arising from out-patient claim</b>    | €500   |
| <b>Out-patient A&amp;E abroad</b>                         | 50% up to €1,000   |
| <b>Travel Vaccine Consultation</b>                        | €50 contribution with our provider partner                                 |
| <b>Travel Vaccination</b>                                 | €50 contribution with our provider partner plus 10% point of sale discount |
| <b>Prescriptions Abroad</b>                               | €20 x 1 prescription   |
| <b>Sports Extra</b>                                       |  |
| <b>Fitness Test &amp; Personalised Exercise Programme</b> | €300 every 2 years with our provider partner                               |
| <b>Sports Psychologist visits</b>                         | €30 x 2 visits   |
| <b>Physiotherapist or Physical Therapist</b>              | €30 x 2 visits   |
| <b>Sports club / Gym membership / Classes</b>             | €50 contribution   |
| <b>VO2 Max Testing</b>                                    | €30 contribution with our provider partner                                 |
| <b>Metabolic Testing</b>                                  | Fully covered for a standard test with Health Matters                      |
| <b>Sports Massage / Personal Training Sessions</b>        | €30 x 2 sessions   |
| <b>Wearable Trackers</b>                                  | €30 contribution   |
| <b>Fitted Gum Shield / Protective Sports Gear</b>         | 50% back up to €30   |
| <b>Foam Roller Benefit</b>                                | 50% back up to €30   |
| <b>SADS Screening Benefit</b>                             | €50 contribution   |
| <b>You Extra</b>  |  |
| <b>Orthodontics</b>                                       | €100 cash benefit  |

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|---|---|
| <b>Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress</b> | 50% up to €75 with our provider partner                             |
| <b>Laser treatment - skin conditions</b>                                | €25 contribution  |
| <b>Laser treatment - facial hair</b>                                    | €25 contribution  |
| <b>Dermatology Benefit</b>  | €75 contribution with Provider Partner                              |
| <b>Laser eye surgery benefit</b>  | Up to €200 once per lifetime  |
| <b>Mindfulness Course</b>   | €50 cash back   |
| <b>Dietician or Nutritionist</b>  | €30 x 2 visits  |
| <b>Sports Club / Gym Membership / Classes</b>                           | €30 contribution  |
| <b>Sexual Health Screening - Simple 2 Test</b>                          | €35 contribution with our provider partner                          |
| <b>Vasectomy (GP or Consultant)</b>                                     | Covered up to €360  |
| <b>One hour teeth whitening</b>   | 10% point of sale discount plus 10% contribution up to max. of €25  |
| <b>Weight Management 20 week programme</b>                              | €60 point of sale discount plus €40 contribution with Motivation.ie |
| <b>Flu vaccination</b>  | Covered up to €25 per policy year                                   |

| <b>Screening Extra</b>  |   |
|---|---|
| <b>MRI Scan: non approved centre</b>                                    | €50 contribution  |
| <b>CT Scan: non approved centre</b>                                     | €50 contribution  |
| <b>PET-CT Scan: non approved centre</b>                                 | €50 contribution  |
| <b>SADS screening benefit</b>   | €50 contribution  |
| <b>Men's Cancer Screening</b>   | €40 contribution  |
| <b>Women's Cancer Screening</b>   | €40 contribution  |
| <b>Lifestyle Genomic Testing - Nutrition, Fitness, Sleep and Stress</b> | 50% up to €75 with our provider partner                     |
| <b>At Home Health Testing</b>   | Covered up to €50 per policy year with our provider partner |
| <b>Fitness Test &amp; Personalised Exercise Programme</b>               | €150 every 2 years with our provider partner                |

#### **Footnotes**

(1) All procedure lists are available on [www.irishlifehealth.ie](http://www.irishlifehealth.ie) or available on request by calling Irish Life Health on 01 562 5100.