

Personalised Packages Range for:

MyPlan 150 Day to Day

Benefits effective from October 1st 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 Package from the 5 detailed below to your plan at no extra cost.

| Personalised Packages | |
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| Fitness Focus | |
| Sports Club / Gym Membership / Classes | €40 contribution |
| Fitness Wearables | €40 contribution |
| Dietician or Nutritionist Consultation | €40 contribution |
| Healthy Meals Benefit | €40 contribution with our provider partner |
| Physiotherapist or Physical Therapist | €25 contribution x 2 visits |
| VO2 Max Testing | €30 contribution with our provider partner |
| Sports Massage or Personal Training Sessions | €20 contribution |
| Mind & Body | |
| Life Coaching Session | €40 contribution |
| Mindfulness Course | €40 contribution |
| Dietician or Nutritionist Consultation | €40 contribution |
| Dermatology Benefit | €50 contribution with our provider partner |
| At Home Health Testing | Covered up to €50 per policy year with our provider partner |
| Health screening & allergy testing | Up to €80 per policy year |
| Lifestyle Genomic Testing - Nutrition, Fitness, Sleep & Stress | 50% up to €50 with our provider partner |
| Child Development | |
| Play Therapy | 50% up to €30 x 5 visits |
| Child Development Benefit | €75 contribution to a developmental/ neurodevelopmental assessment |
| Child/Teen counselling | 50% up to €30 x 5 visits |
| Child Speech & Language therapist | 50% up to €30 x 5 visits |
| Child Home Nursing | €100 x 14 days (following inpatient stay of minimum 5 days) |
| Parent accompanying child | €40 x 14 days (not payable for the first 3 days) |
| Parenting Course | €30 contribution to 1 course |
| Fertility & Maternity | |
| Fertility benefit | Covered up to a max of €200 for IVF, IUI, ICSI. Twice per lifetime. |
| AMH Fertility test | €40 contribution |
| His & Hers Fertility Screening Tests | €40 contribution |

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| Welcome Home Food Hamper | Hamper and 30-minute phone consultation with a nutritionist |
| GentleBirth App | See handbook for details |
| Antenatal Class | €40 contribution |
| 3D/4D & Early Pregnancy Scans | €40 contribution |
| Out-patient maternity consultant fees | €200 contribution |
| Travel Focus | |
| Additional costs arising from In-patient claim | €1500 |
| Additional costs arising from Out-patient claim | €500 |
| Out-patient A&E abroad | 50% up to €1,000 |
| Travel Vaccine Consultation | €30 contribution with our provider partner |
| Travel Vaccination | €50 contribution with our provider partner plus 10% point of sale discount |
| Prescriptions Abroad | €15 x 1 prescription |