

MyClinic

Making it easier for you to
access the healthcare expertise
and supports that you need



MyClinic

A new home for all your virtual health needs

Taking time out to visit a healthcare professional isn't always convenient. That's why at Irish Life Health, we visit you.

So we created MyClinic, a new home for all your virtual health needs.

Whether you need a quick chat with a nurse, don't have time to wait for a doctor's appointment or just want to check in with a counsellor for some advice, at Irish Life Health's MyClinic we've a range of clinical experts and partners on hand to help.

So if you want fast access to expert advice, at a time and place that suits you, then check out our range of services on the next page or log into the member area to book an appointment today.



Our latest additional services



Virtual Physiotherapy

Recent evidence has shown that they key cornerstones of physiotherapy treatment are advice and education, encouraging correct movement and progressive resistance exercise. All of which the team can help you with remotely. Early access to physiotherapy has also been proven to reduce recovery times.

From progressing your rehabilitation programme to providing advice on home workstations or assisting with new-found niggles that have developed, our expert team are ready to help keep you on track.



Virtual Dietician

Lately there are a wide range of challenges when it comes to maintaining a healthy diet and lifestyle. Food is often used for comfort or to overcome boredom and this can be difficult to overcome when your usual routine is out the window.

To help, we are offering personalised digital nutrition services with expert health and wellness advice from the safety of your own home. You can consult with a registered dietician via video call, at a time that is convenient to you and with some simple steps, you can use this time productively to focus on achieving your diet and nutrition goals once and for all.



Virtual Speech & Language Therapy

The pausing of non-essential services and temporary closure of schools put pressure on many parents to continue their child's development alone. Although they are passionate about doing their best for their children it can be a stressful task for a parent to take on while juggling many other responsibilities. In recognition of this we're now providing all our members with fast and easy access to a team of registered speech & language therapists via MyClinic. Our team of virtual paediatric therapists are in place to ensure your child's speech therapy progress stays on track, all from the comfort of your home.

MyClinic

At Irish Life Health, we visit you.



Digital Doctor

With Digital Doctor you get unlimited consultations with an Irish based GP, by phone or video and prescriptions sent to your local pharmacy during your consultation with our Digital Doctor benefit.



Nurse on Call

Qualified nurses you can call on 24/7 for non-emergency medical advice. The smart way to put your mind at ease.



Back-Up

Expert physios on hand to help get you back on track, providing expert advice and treatment for acute neck, back & spine pain with Back-Up.



Healthy Minds

Check in with professionally trained counsellors 24/7 who can listen and give you considered and practical advice with our Healthy Minds benefit.



Virtual Speech & Language

NEW

Get the professional assistance your child needs to help them communicate with ease and confidence.



Virtual Physiotherapy

NEW

Expert physios are on hand to help diagnose a range of conditions and outline a treatment plan to get you back on track.



Virtual Dietician

NEW

Consult with a registered dietician to get expert advice on how to achieve your food or diet related health goals.



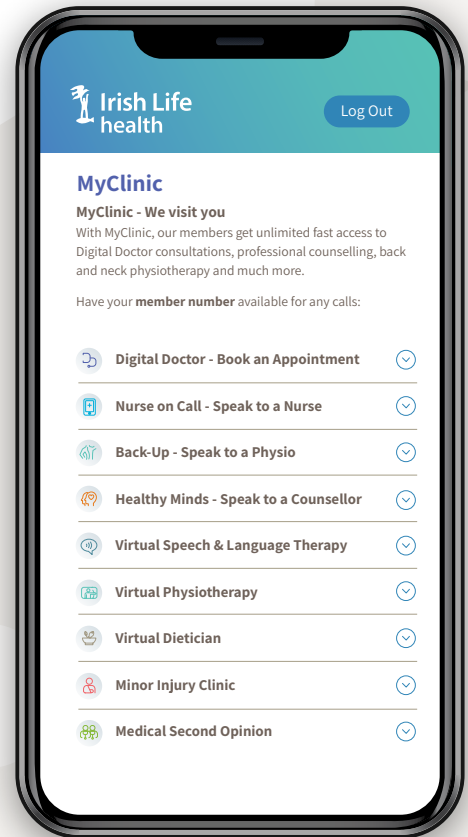
Minor Injury Clinic

Find your nearest approved walk-in clinic to get rapid access to efficient and convenient treatment and advice on minor injuries.



Medical Second Opinion

Get an independent review of your diagnosis and treatment plan in a medical centre such as the world renowned Harvard Medical School's Teaching Hospitals.



To access or book an appointment:
log in to your online account
and visit MyClinic

**Visit your
online account**
on the Irish Life Health
website or
Download the app
to access
MyClinic now

Contact us

Phone 01 562 5100
Email heretohelp@irishlife.ie
Website www.irishlifehealth.ie

Irish Life Health dac is regulated by the Central Bank of Ireland. Services available where covered on your plan and clinically appropriate. Terms and conditions apply, please see your Member Handbook and table of cover for details.

Virtual physiotherapy is provided by Spectrum Health. Members must be aged 18 years or older to use the service.

Virtual dietitian services provided by Spectrum Health. Members must be aged 18 years or older to use the service.

Virtual speech & language therapy is provided by Spectrum Health. Patients must be aged between 18 months and 18 years. All minors must attend with a parent/guardian present for the consultation. Up to 6 appointments per calendar year. Subject to availability.

Additional Terms & Conditions apply to the virtual physiotherapy, virtual dietitian and virtual speech and language therapy benefits. Please see www.irishlifehealth.ie/myclinic for details.

Digital Doctor is provided by Centric Health, Ireland's primary care experts.

Nurse-on-Call provided by Healix Medical Partnership LLP.

Back-Up service provided by Spectrum Health and is only available to members who are 18 years old and over.

Healthy Minds service provided through Lifeworks and gives you access to a dedicated counselling and advisory service, via telephone or webchat, and access to an online portal which provides self-assessment tools and content (members 16 years+). If you are deemed clinically appropriate, up to 6 counselling sessions may be arranged through LifeWorks via phone or video call, or in-person (for members aged 18 years and over).

International Second Opinion Service provided by MediGuide International LLC.