

# 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. With MyClinic, our members get unlimited Digital Doctor consultations, professional counselling, back & neck physiotherapy and much more.



## Digital Doctor

Get unlimited consultations with GPs, via phone or video, and prescriptions sent to your local pharmacy with our Digital Doctor benefit.



## Virtual Physiotherapy

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



## Mental Health Counsellors

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



## Virtual Dietician

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



## Nurses

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



## 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.



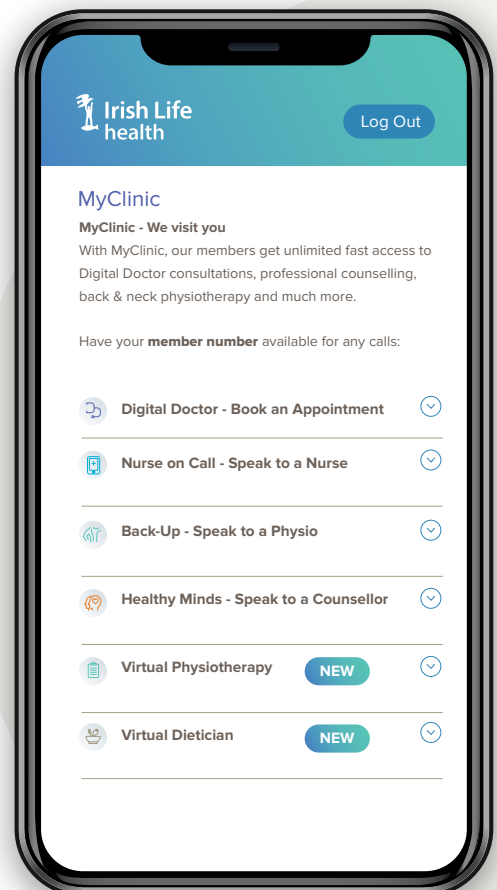
## Back Up

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.



## Minor Injury Clinic

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



## Simply download the Irish Life Health App and tap on MyClinic

Irish Life Health dac is regulated by the Central Bank of Ireland. Services available where covered on your plan and clinically appropriate. Professional counselling available to age 16+. Back and neck physio to age 18+. Terms and conditions apply.

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

Digital Doctor service provided by Medical Solutions Limited UK trading as Health Hero. 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 by Morneau Shepell and is only available to members who are 16 years old and over.

International Second Opinion Service provided by MediGuide International LLC.