

2 What you're covered for HealthDirect

Effective from 1st April 2025



You should read this table of cover along with the Everyday Care Plans membership handbook effective from April 2025, which you can find on irishlifehealth.ie/more-info.



Day to Day Benefits

Day to Day Benefits subject to excess

| | |
|------------------------------|----|
| Individual Day-to-day excess | €0 |
|------------------------------|----|

Day to Day Digital

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|-------------------------------|--|
| Call MyDoctor | Unlimited. See member portal for further information. |
| Message MyDoctor | Unlimited. See member portal for further information. |
| MyDoctor Prescription Service | Unlimited. See member portal for further information. |
| Healthy Minds | Online access to mental health assessments and content and up to 6 counselling sessions via phone, chat, video or face to face |