

## Personalised Packages Range for:

4D Health 5

Benefits effective from November 1<sup>st</sup> 2018

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 4 Personalised Packages from the 6 detailed below to your plan at no extra cost.

Personalised Packages	
<b>Fertility Extra</b>	
Infertility benefit	50% cover up to a max of €1,000 for IVF, IUI, ICSI. Twice per lifetime.
Fertility Treatment at Beacon CARE Fertility	10% discount on listed procedures <sup>1</sup> . One cycle of treatment per lifetime.
AMH Fertility test	€75 contribution
His & Hers Fertility Screening Tests	€70 contribution
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
<b>Maternity Extra</b>	
3D/4D & Early Pregnancy Scans	€70 contribution
Antenatal Class	€75 towards an antenatal class, or, €75 contribution & 10% point of sale discount with GentleBirth Workshop
Zika screening	€75 contribution with our provider partner plus €10 point of sale discount
Flu Vaccination	Fully covered with our provider partner
Breastfeeding Consultancy Visits	€50 x 2 visits
Postnatal Domestic Support	3 x 3 hour cleaning sessions
Postnatal Support	2 x 3 hour sessions with postnatal supporter
Home Early Support following 1 night stay in hospital	2 hours midwife and 3 x 4 hours with postnatal supporter
Home Early Support following 2 nights stay in hospital	1 hour midwife and 3 x 3 hours with postnatal supporter
Maternity Mental Health Support	€40 x 10 sessions with Nurture
Pre/Post Natal Yoga & Pilates	€20 x 3 visits
Partner Expenses	€50 x 2 days travel, accommodation & child minding expenses
Baby massage course	€40 for course of 4 classes
First Aid course for Mums and Dads	10% point of sale discount plus €90 contribution with our provider partner
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
<b>Children Extra</b>	
Paediatrician visits	€100 x 1 visit
Parenting Course	€50 contribution to 1 course

<b>Kids Sports Clubs</b>	€50 contribution
<b>Child/Teen counselling</b>	50% up to €50 x 10 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 10 visits
<b>Meningitis B / Chicken Pox Vaccines</b>	€50 contribution
<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>Travel consultation</b>	€75 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>	€30 x 1 prescription
<b>Sports Extra</b>	
<b>Sports Psychologist visits</b>	€30 x 3 visits
<b>Physiotherapy visits</b>	€30 x 3 visits
<b>Adult Sports club/gym membership</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 3 sessions
<b>Wearable Trackers</b>	€50 contribution
<b>Fitted Gum Shield / Protective Sports Gear</b>	50% back up to €50
<b>Foam Roller Benefit</b>	50% back up to €30
<b>SADS Screening Benefit</b>	€75 contribution
<b>You Extra</b>	
<b>Mindfulness Course</b>	€75 cash back
<b>Dietician or Nutritionist</b>	€30 x 3 visits
<b>Adult Sports Club/Gym membership</b>	€50 contribution
<b>Sexual Health Screening - Simple 2 Test</b>	Covered with our provider partner
<b>Vasectomy (GP only)</b>	Covered up to €360
<b>Flu vaccination</b>	Fully covered 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 1890 717 717.