



Family & Kid's Health Package

Benefits	Level Of Cover
Children's fitness and gymnastics classes	Jymka - 20% contribution^
First aid course for mums and dads	Fully covered course with First Aid for Everyone
Annual family flu vaccine	Fully covered - 1 each year
Child nutritionist	€25 x 2 visits
Child sports club membership	€30 contribution each year
Adult membership to Athletics Ireland	€30 per adult
Child speech & language therapy	€25 x 2 visits
Parent accompanying child expenses	€25 x 2 in-patient stays each year
Child developmental tests	The Children's Practice - €60 contribution^

^member will receive 50% of contribution amount at point of sale and GloHealth will refund the remaining 50%

Family Protection Package

Benefits	Level Of Cover
Flu vaccine	Fully covered - 1 each year
First aid course for mums and dads	Fully covered course with First Aid for Everyone
SADS Screening (Sudden Adult Death Syndrome)	€50 x 1 each year

Dental and Optical Package

Benefits	Level Of Cover
Complete pair of glasses	€20 off the €89 & €129 range with Specsavers
Complete pair of designer glasses	€30 off the €149 & €199 range with Specsavers
Laser eye surgery	Optical Express or Optilase – 20% discount
Eye exam	Half price sight test with Specsavers for which the normal charge is €30
Emergency Dental	€350 contribution
Retainers & fitted gum shields	€25 contribution
Teeth whitening treatment	The White House - 1 hour treatment: 50% point of sale discount & 10% claim back from GloHealth. Total discount 60% of retail price.
Dental hygienist	€25 x 2



Enhanced Maternity Package

Benefits	Level Of Cover
Fertility treatment at the Beacon Hospital*	10% discount
Grant-in-aid for home birth	€4,000
Pre/post natal maternity costs	€300
Private ante-natal class	€50 contribution
Paediatrician consultation*	€100 x 1 visit
Breastfeeding consultancy	€25 x 2 visits
Post natal in-home carer*	2 days/2 nights, covered with Home Instead up to €300.
Post natal depression counselling	€20 x 2 visits
Maternity expenses (partner expenses)	€40 per birth
Baby swim classes	Water Babies - €40 contribution^ or Diana's Swim Academy - 20% contribution^
Baby & Toddler Sleep Consultation	Baby Sleep Academy – €40 discount on single one-to-one consultation
Baby massage course	€40 contribution each year – minimum of 4 classes
3D&4D ultrasound scan	Baby Scan or MD Ultrasound - €50 contribution^, or Innervation - €75 contribution^
Early pregnancy scan	Baby Scan or MD Ultrasound - €30 contribution^
Pre & post natal Yoga & Pilates	€20 x 2 visits

^member will receive 50% of contribution amount at point of sale and GloHealth will refund the remaining 50%.

*effective 1st May 2015

International Health & Travel Package

Benefits	Level Of Cover
A&E abroad	€100,000
Companion expenses	€1,000
Repatriation cover	€1,000,000
Travel vaccine	10% discount from the Tropical Medical Bureau
Treatment abroad up to the amount that would have been paid in Ireland	Covered - subject to pre-approval
International nurse line	Covered

Sports Cover Package

Benefits	Level Of Cover
Physiotherapist & Physical therapist	€25 per visit x 2 visits
Health screen	€50 x 1 each year
Sports massage	€25 x 2
Metabolic testing	Health Matters - Fully covered for a standard test
Sports psychologist	€25 x 2
SAD Screening (Sudden Adult Death)	€50 x 1 each year
A&E charge (including private)	€30 x 1 visit each year
VO2 Testing	Health Matters - €30 contribution
Adult membership to Athletics Ireland	€30 per member



Women's & Men's Health Package

Benefits	Level Of Cover
Nutritionist or dietician	€25 x 2 visits
Acupuncture	€25 x 2 visits
Prostate check/screen	€40 contribution
Testicular check/screen	€40 contribution
Smear testing	€40 contribution
Flu vaccine	Fully covered with Tropical Medical Bureau
Health screen	€30 contribution
Dexa scan	€40 contribution
Food intolerance test*	€40 contribution with Boots Pharmacies
Lifestyle, family & emotional wellbeing coaching*	Access to telephone support line
At home STI testing	Fully covered for Simple 2 test with Let's Get Checked.
Mammogram	€40 contribution
Adult sports/gym membership	€30 per member
Slimming club membership	€40 contribution with Unislim

*effective 1st May 2015

Complementary Therapy Package

Benefits	Level Of Cover
Reflexology	€25 per visit x 2 visits
Nutritionist or dietician	€25 per visit x 2 visits
Massage	€25 per visit x 2 visits
Acupuncture	€25 per visit x 2 visits
Osteopathy	€25 per visit x 2 visits
Physical therapist or physiotherapist	€25 per visit x 2 visits
Chiropractor	€25 per visit x 2 visits
Reiki	€25 per visit x 2 visits