

Personalised Packages Range for:

4D Health 5

Benefits effective from August 1st 2017

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	
Fertility Extra	
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 ¹ . One cycle of treatment per lifetime.
AMH Fertility Test	€75 contribution
His & Hers Fertility Screening Tests	€70 contribution
Fertility counselling	€50 x 2 visits
Miscarriage counselling	€50 x 2 visits
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
Maternity Extra	
3D/4D & Early Pregnancy Scans	€70 contribution
Private ante-natal class	€75 contribution
Zika screening	€75 contribution with our provider partner plus €10 point of sale discount
Flu Vaccine	Fully covered with our provider partner
Paediatrician Consultation	€100 x 1 visit
Breastfeeding Consultancy	€50 x 2 visits
Post natal depression or miscarriage counselling	€50 x 3 visits
Post natal home help	3 x 3 hour sessions with our provider partner
Alternative amount for Post natal home help	€225 cash benefit
Pre/Post Natal yoga & pilates	€20 x 3 visits
Partner Benefit	€50 x 2 days travel, accommodation & child minding expenses
Baby massage	€40 for course of 4 classes
First Aid course for mums and dads	Fully covered with our provider partner
Children Extra	
Parenting course	€50 contribution to 1 course
Kids Sports Clubs	€50 contribution
Child/Teen counselling	50% up to €50 x 10 visits
Child/Teen orthodontics	€100 cash benefit
SADS Screening	€50 contribution
Child speech & language therapist	50% up to €30 x 10 visits
Meningitis B / Chicken Pox Vaccines	€50 contribution

Travel Extra	
Travel consultation	€75 contribution with our provider partner
Travel Vaccine	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€30 x 1 prescription
Sports Extra	
Sports Psychologist visits	€30 x 3 visits
Physiotherapy visits	€30 x 3 visits
Adult Sports Club/Gym Membership	€50 contribution
V02 Max Testing	€30 contribution with our provider partner
Metabolic testing	Fully covered for a standard test with Health Matters
Sports Massage / Personal Training Sessions	€30 x 3 sessions
Wearable Trackers	€50 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €50
Foam Roller	50% back up to €30
SADS Screening	€75 contribution
You Extra	
Mindfulness Course	€75 cash back
Nutritionist or Dietician	€30 x 3 visits
Adult Sports Club/Gym Membership	€50 contribution
Sexual Health Screening - Simple 2 Test	Covered with our provider partner
Vasectomy (GP only)	Covered up to €360
Flu Vaccine	Fully covered with our provider partner

Footnotes

(1) All procedure lists are available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 1890 717 717.