

## Personalised Packages Range for:

4D Health 1

Benefits effective from August 1<sup>st</sup> 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 1 Personalised Package 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 €500 for IVF, IUI, ICSI. Twice per lifetime.
Fertility Treatment at Beacon CARE fertility	10% discount on listed procedures. One cycle of treatment per lifetime.
AMH Fertility Test	€50 contribution
His & Hers Fertility Screening Tests	€40 contribution
Fertility counselling	€50 x 1 visit
Miscarriage counselling	€50 x 2 visits
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
<b>Maternity Extra</b>	
3D/4D & Early Pregnancy Scans	€30 contribution
Private ante-natal class	€50 contribution
Zika screening	€50 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	€25 x 2 visits
Post natal depression or miscarriage counselling	€50 x 2 visits
Post natal home help	1 x 3 hour session with our provider partner
Alternative amount for Post natal home help	€75 cash benefit
Pre/Post Natal yoga & pilates	€20 x 2 visits
Partner Benefit	€30 x 1 day 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
<b>Children Extra</b>	
Parenting course	€30 contribution to 1 course
Kids Sports Clubs	€30 contribution
Child/Teen counselling	50% up to €30 x 8 visits
Child/Teen orthodontics	€100 cash benefit
SADS Screening	€50 contribution
Child speech & language therapist	50% up to €30 x 8 visits
Meningitis B / Chicken Pox Vaccines	€30 contribution

Travel Extra	
Travel consultation	€30 contribution with our provider partner
Travel Vaccine	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€15 x 1 prescription
Sports Extra	
Sports Psychologist visits	€25 x 2 visits
Physiotherapy visits	€25 x 2 visits
Adult Sports Club/Gym Membership	€40 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	€25 x 2 sessions
Wearable Trackers	€20 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €20
Foam Roller	50% back up to €20
SADS Screening	€50 contribution
You Extra	
Mindfulness Course	€30 cash back
Nutritionist or Dietician	€25 x 2 visits
Adult Sports Club/Gym Membership	€30 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](http://www.irishlifehealth.ie) or available on request by calling Irish Life Health on 1890 717 717.