

## Day to Day Most

### Table of Cover effective from December 1<sup>st</sup> 2016

This table of cover must be read in conjunction with your member certificate and Tailored Health Plans membership handbook effective from December 2016.

Day-to-day Benefits (subject to excess)	
Individual Day-to-day excess	€1
Day to day practitioners	
GP visits	€25 x 5 visits
Digital Doctor	Unlimited. See <a href="http://irishlifehealth.ie">irishlifehealth.ie</a> for further information.
Nurse on call	Covered
Dentist visits	€25 x 5 visits
Physiotherapy visits	€25 x 5 visits
Alternative Practitioners	
Podiatrist	€25 x 5 combined visits
Reflexologist	€25 x 5 combined visits
Nutritionist	€25 x 5 combined visits
Dietician	€25 x 5 combined visits
Massage Therapist	€25 x 5 combined visits
Acupuncturist	€25 x 5 combined visits
Osteopath	€25 x 5 combined visits
Physical therapist	€25 x 5 combined visits
Chiropractor	€25 x 5 combined visits
Reiki practitioner	€25 x 5 combined visits
Chiropodist	€25 x 5 combined visits
Speech therapist	€25 x 5 combined visits
Occupational therapist	€25 x 5 combined visits
Orthoptist	€25 x 5 combined visits
Homeopath	€25 x 5 combined visits
Other Day-to-day Benefits	
Optical (eye test and/or glasses/lenses combined)	€25 x 5 visits
Consultant fees (non-maternity)	€60 x 3 visits
Public A&E Cover	€40 x 3 visits
Health screening & allergy testing	Up to €80 per policy year