

# Net More 100 ILH

## Table of Cover effective from June 12th 2018

This table of cover must be read in conjunction with your member certificate and Tailored Health Plans membership handbook effective from June 2018. The hospitals and treatment centres covered on this plan are set out in List C in Part 12 of your Tailored Health Plans membership handbook.

| In Patient Benefits                             |  |
|---|--|
| Hospital Cover                                  |  |
| Consultants fees (In selected hospitals only)   | Covered  |
| Inpatient Scans (In selected hospitals only)    | Covered  |
| Public Hospital (in selected hospitals only)    |  |
| Semi Private Room                               | Covered  |
| Private Room                                    | Semi-Private Rate  |
| Day Case  | Covered  |
| Private Hospital (in selected hospitals only)   |  |
| Semi Private Room                               | Covered subject to €100 excess per claim subject to €2,000 co-payment on certain orthopaedic procedures <sup>(1)</sup>           |
| Private Room                                    | Semi-Private Rate subject to €100 excess per claim subject to €2,000 co-payment on certain orthopaedic procedures <sup>(1)</sup> |
| Day Case  | Covered subject to €50 excess per claim  |
| High Tech Hospital (in selected hospitals only) |  |
| Semi Private Room                               | Not covered on this plan   |
| Private Room                                    | Not covered on this plan   |
| Day Case  | Not covered on this plan   |
| Listed Cardiac Procedures <sup>(1)</sup>        | Not covered on this plan   |
| Listed Special Procedures <sup>(1)</sup>        | Not covered on this plan   |
| Maternity Benefits                              |  |
| Public hospital cover for maternity             | 3 nights accommodation in a private room   |
| Inpatient maternity consultant fees             | Covered up to €865   |
| Newborn free till next renewal                  | Yes  |
| Psychiatric Treatment                           |  |
| Not related to substance abuse                  | 100 days (up to the level of Hospital Cover provided under your plan)  |
| Related to substance abuse                      | 91 days per 5 years (up to the level of Hospital Cover provided under your plan)   |
| Other Benefits                                  |  |
| Health in the Home                              | Covered (Immediately following an inpatient stay)  |
| Minor Injury Clinic Cover                       | 70% up to €200 per visit   |
| Convalescence benefits                          | €26 x 14 days  |

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| Cancer Support Benefit (for accommodation expenses when travelling more than 50km) | Up to €100 per day up to a maximum of €1500 per calendar year |
| Medical ambulance costs  | Covered (refer to Membership Handbook)                        |
| Employee assistance program  | Covered for 8 face to face visits                             |

### Outpatient Benefits (not subject to excess)

|                              |  |
|------------------------------|--|
| Nurse on call                | Covered  |
| Digital Doctor               | Unlimited. See irishlifehealth.ie for further information. |
| HPV Vaccine                  | 50% up to €200 per policy year                             |
| MRI Scan: approved centre    | Covered  |
| CT Scan: approved centre     | Covered  |
| PET-CT Scan: approved centre | Covered  |

### Outpatient Benefits (subject to excess)

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|--|--------------------------------------|
| Outpatient excess per person                                     | €125                                 |
| Maximum amount of outpatient benefits per member per policy year | €4000                                |
| Consultant fees (non-maternity)                                  | €80 per visit                        |
| GP Visits  | €20 per visit                        |
| Public A&E Cover   | €80 x 1 visit                        |
| Medical and surgical appliances                                  | As per specified list <sup>(2)</sup> |
| Manual Lymph Drainage  | Up to €300                           |
| Pathology: Cost of test  | 50% Cover                            |
| Pathology: Consultant fees                                       | 50% per consultant fee               |
| Radiology: Cost of test  | 50% Cover                            |
| Radiology: Consultant fees                                       | 50% per consultant fee               |
| MRI Scan: non approved centre                                    | Not covered on this plan             |
| CT Scan: non approved centre                                     | Not covered on this plan             |
| PET-CT Scan: non approved centre                                 | Not covered on this plan             |

### Personalised Packages

#### Enhanced Maternity

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| 3&4D Scans (provided by Babyscan or MD Ultrasound) | €25 point of sale discount plus €25 contribution |
| AMH Fertility Test                                 | €50 contribution                                 |
| Baby Massage                                       | €40 for course of 4 classes                      |
| Baby sleep consultation                            | €20 point of sale discount plus €20 contribution |
| Baby swimming classes                              | 10% point of sale discount plus 10% contribution |
| Breastfeeding Consultancy                          | €25 x 2 visits                                   |
| Early Pregnancy Scan                               | €15 point of sale discount plus €15 contribution |
| Maternity mental health Support                    | €40 x 8 sessions with Nurture                    |
| Fertility Treatment at Beacon CARE fertility       | 10% discount on listed procedures <sup>(1)</sup> |
| His & Hers Fertility Screening tests               | €40 contribution                                 |

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| Home Birth grant-in-aid                                | €4,000  |
| Home Early support following 1 night stay in hospital  | 2 hours midwife and 3 x 3 hours with postnatal supporter  |
| Home Early Support following 2 nights stay in hospital | 1 hour midwife and 2 x 3 hours with postnatal supporter   |
| Partner Benefit  | €40 per birth   |
| Paediatrician consultation                             | €100 x 1 visit  |
| Postnatal domestic support                             | 2 x 3 hour cleaning sessions  |
| Postnatal Support                                      | 1 x 3 hour session with postnatal supporter   |
| Pre/Post Natal maternity costs                         | Covered up to €300  |
| Zika Screening   | €50 contribution with our provider partner plus €10 point of sale discount                                  |
| Ante-natal Class                                       | €50 towards an antenatal class, or, €50 contribution & 10% point of sale discount with GentleBirth Workshop |
| Pre/Post Natal yoga & pilates                          | €20 x 2 visits  |
| Welcome home food hamper                               | Hamper and 30 minute phone consultation with a nutritionist   |
| GentleBirth App Access                                 | See handbook for details  |
| <b>Sports Cover</b>                                    |   |
| A&E Cover (including Private A&E)                      | €30 x 2 visits  |
| Adult Athletics Ireland membership                     | €30 contribution  |
| Adult Sports Club/Gym Membership                       | €30 contribution  |
| Fitted Gum Shield / Protective Sports gear             | 50% back up to €20  |
| Foam Roller  | 50% back up to €30  |
| Health screen  | €50 x 1 per policy year   |
| Metabolic testing                                      | Fully covered for a standard test with Health Matters   |
| Personal Training Sessions                             | €25 x 3 sessions  |
| Physiotherapist or Physical therapist                  | €25 x 3 visits  |
| SADS Screening   | €50 contribution  |
| Sports Massage   | €25 x 3 visits  |
| Sports Psychologist                                    | €25 x 3 visits  |
| V02 Max Testing  | €10 point of sale discount plus €20 contribution  |
| Wearable trackers                                      | €20 contribution  |
| <b>Complementary Therapy</b>                           |   |
| Acupuncturist  | €25 x 3 visits  |
| Chiropractor   | €25 x 3 visits  |
| Massage Therapist                                      | €25 x 3 visits  |
| Nutritionist or Dietician                              | €25 x 3 visits  |
| Osteopath  | €25 x 3 visits  |
| Physiotherapist or Physical therapist                  | €25 x 3 visits  |
| Reflexologist  | €25 x 3 visits  |
| Reiki practitioner                                     | €25 x 3 visits  |
| <b>Women's And Men's Health</b>                        |   |
| Acupuncturist visits                                   | €25 x 3 visits  |

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| Dexa Scan   | €40 contribution   |
| Flu vaccine   | Fully covered with our provider partner                                    |
| Health Screen   | €30 x 1 per policy year  |
| Lifestyle, family & emotional wellbeing coaching                                  | Access to telephone support line - 1800 200247                             |
| Mammogram   | €40 contribution   |
| Mindfulness classes   | €30 cash back  |
| Nutritionist or dietician   | €25 x 3 visits   |
| Prostate check / screen   | €40 contribution   |
| Testicular check / screen   | €40 contribution   |
| Sexual Health Screening - Simple 2 Test   | Covered  |
| Sexual Health Screening - HPV   | Covered  |
| Sexual Health Screening - Standard 6 Test   | 30% point of sale discount plus €40 contribution                           |
| Smear testing   | €40 contribution   |
| Vasectomy (GP Only)   | Covered up to €360   |
| Weight management 10 week programme   | 15% point of sale discount plus 10% contribution with Motivation.ie        |
| Yoga/Pilates classes  | €25 x 3 classes  |
| <b>International Health And Travel</b>  |  |
| Additional costs arising from in-patient claim                                    | €1,500   |
| Additional costs arising from out-patient claim                                   | €500   |
| Companion expenses  | €1,000   |
| In-patient A&E abroad   | €100,000   |
| Nurse 24/7 International  | Covered  |
| Out-patient A&E abroad  | 50% up to €1,000   |
| Prescriptions abroad  | €15 x 1 prescription   |
| Repatriation expenses   | €1,000,000   |
| Travel Consultation   | €30 contribution with our provider partner                                 |
| Travel Vaccines   | €50 contribution with our provider partner plus 10% point of sale discount |
| Elective Treatment abroad - up to the amount that would have been paid in Ireland | Covered  |
| <b>Family And Kids Health</b>   |  |
| Adult Athletics Ireland Membership  | €30 contribution   |
| Flu vaccination   | Fully covered with our provider partner                                    |
| Baby Swimming Classes   | 10% point of sale discount plus 10% contribution                           |
| Child developmental tests   | €30 point of sale discount plus €30 contribution                           |
| Child Nutritionist  | €25 x 3 visits   |
| Child speech & language therapist   | €25 x 3 visits   |
| Child Sports Club Membership  | €30 contribution   |
| Child/Teen Counselling  | 50% up to €30 x 8 visits   |
| First Aid course for mums and dads  | Fully covered with our provider partner                                    |
| Parent accompanying child (no minimum stay)                                       | €25 x 3 days   |
| Parenting course  | €50 contribution to 1 course   |

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| Dental And Optical                  |  |
|-------------------------------------|--|
| Contact lenses                      | 10% online discount with provider partner                          |
| Emergency Dental Care               | €350 contribution  |
| Eye test with Opticalrooms          | Fully covered (€35 point of sale discount plus €15 contribution)   |
| Laser eye surgery                   | 20% point of sale discount   |
| One hour teeth whitening            | 10% point of sale discount plus 10% contribution up to max. of €25 |
| Designer prescription glasses       | €30 off the €149+ range with Opticalrooms                          |
| Retainers & fitted gum shields      | €25 contribution   |
| Orthodontic benefit                 | Up to €100 per policy year   |
| X-ray, check up, scale and polish   | €50 x 1 visit  |
| Family Protection                   |  |
| Flu Vaccine                         | Fully covered with our provider partner                            |
| First aid course for mums and dads  | Fully covered with our provider partner                            |
| Meningitis B / Chicken Pox vaccines | €50 contribution   |
| SADS Screening                      | €50 contribution   |

| Member Benefits   |                              |
|---|------------------------------|
| Allen Carr Smoking Cessation  | Back Up                      |
| Laser Eye Surgery   | Smiles Dental Access Package |
| For full details on the above and all member benefits available to you please visit the 'Member Benefits' section of <a href="http://www.irishlifehealth.ie">www.irishlifehealth.ie</a> |                              |

| Footnotes   |
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| (1) All procedure lists are available on <a href="http://www.irishlifehealth.ie">www.irishlifehealth.ie</a> or available on request by calling Irish Life Health on 1890 717 717.                     |
| (2) The medical and surgical appliances list is available on <a href="http://www.irishlifehealth.ie">www.irishlifehealth.ie</a> or available on request by calling Irish Life Health on 1890 717 717. |