

Your table of cover
for your Optimise
Health Plan



Your table of cover

Here you'll find treatments and services that you can claim towards with your cover from Simplyhealth. Make sure you check your Membership Certificate for details of your cover and refer to your policy handbook when needed.

All benefits are 100% payback	Amount you can claim back each year					
	Covered children will share each annual entitlement					
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Healthy eyes and teeth						
Sight tests, glasses and contact lenses	£60	£75	£100	£125	£175	£250
Everyday dental treatment – hygienist's fees, fillings and more	£60	£75	£100	£125	£175	£250
Dental treatment needed as a result of an accident	£200	£300	£400	£450	£500	£600
Healthy body						
Seeing a Chiropractor, Osteopath, Physiotherapist or Acupuncturist	£150	£200	£250	£275	£350	£500
Seeing a Chiropodist, Podiatrist or Reflexologist	£25	£50	£75	£75	£100	£150
Discounted gym membership*	✓	✓	✓	✓	✓	✓
Healthy mind						
Helpline service, including telephone counselling*	24 hours a day					
Healthy checks						
Finding out what's wrong – appointments with a consultant, plus tests and scans	£250	£300	£400	£450	£500	£600
A health assessment that includes: <ul style="list-style-type: none"> • BMI and body fat percentage • blood pressure reading • cholesterol or diabetes check • kidney or liver function test 	£50	£100	£250	£300	£350	£500
Seeing a GP, a dietitian for a consultation, or having an inoculation/vaccination	£75	£75	£75	£75	£75	£75
NHS and private prescription charges	£15	£20	£25	£30	£30	£35
Speak to a GP*	24 hours a day					
Private prescription delivery service when prescribed using 'Speak to a GP'. (There is a charge for the delivery service)	✓	✓	✓	✓	✓	✓
Healthy extras						
Cash amount for each day or night to help towards everyday expenses if you need to stay in hospital (up to 20 days/nights)	£20	£20	£20	£20	£20	£20
Single cash amount if you have a baby or adopt a child (6 month qualifying period)	£200	£200	£200	£200	£200	£200
Worldwide cover - you'll be covered wherever you are in the world	✓	✓	✓	✓	✓	✓

*Services accessible via our myWellbeing platform. Additional services are also available.

Your employer has chosen this policy for you. Up to four children under the age of 24 can be covered for free. Please refer to your membership certificate to confirm your cover.

Optional choices

If any of the following choices are showing on your Membership Certificate via your online account, this means that your employer will have chosen this cover for you.

Private Medical Insurance (PMI) Excess cover:

To help pay towards any excess on your Private Medical Insurance policy. The amount of cover you can claim towards for this benefit is also shown on your Membership Certificate.

Face to face counselling:

Up to six sessions, for each issue. This service is available through the myWellbeing platform. Available in the UK, Channel Islands and IOM only.

Plus, you get even more with myWellbeing

myWellbeing is a portal that is part of your plan.
It gives you access to:

Arrange to speak to a GP

24/7 by phone or online webcam*
at a time that suits you.

Have private prescription medication delivered

If the doctor from the GP helpline feels you would benefit from medication, they can issue private prescription medication. Don't worry about going to the pharmacy, we'll get your medication. What's more, you don't even need to go to the pharmacy as you can arrange to have it delivered straight to you.

Access your discounts

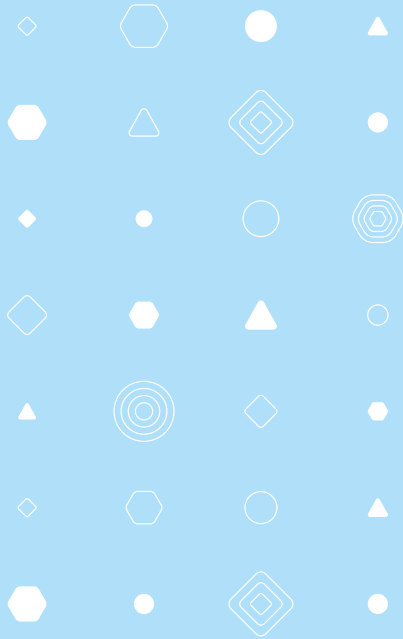
A range of lifestyle discounts are available to you. This includes; discounted gym memberships, sports equipment and even family days out.

Call the 24/7 advice and counselling helpline

Speak to a trained professional if you are going through a tough time. Whether you're feeling stressed or anxious, in need of legal or financial advice, perhaps you'd like support with work, relationships or bereavement. You don't need to go it alone.

Please note that medication and delivery is at a chargeable cost.

*Webcam service available Monday to Friday 8am to 10pm, Saturdays 8am to 8pm, Sundays 10am to 6pm.



To speak to us about your plan,
contact us on:

0300 100 1020

customer.services@simplyhealth.co.uk

Lines are open 8am to 8pm Monday to Friday,
9am to 3pm Saturdays

Part of these services are provided by a Third Party Supplier

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