

Your table of cover
for your Optimise Health Plan



Your table of cover

Here you'll find treatments and services you're covered for with Simplyhealth.

Make sure you check your Membership Certificate for details of your cover and refer to your policy handbook when needed.

Your table of cover - all benefits are 100% payback		Amount you can claim back each year Covered children will share these benefits					
		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 Chiroprapist, 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 by a GP or nurse	£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 to your home or place of work, when prescribed using 'Speak to a GP' ★	✓	✓	✓	✓	✓	✓
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 are accessed through your online account by clicking on the myWellbeing button. Additional services are also available. Your employer has chosen this policy for you. Up to four children under the age of 21, or 24 if in full time education, can be covered for free.

Please refer to your membership certificate to confirm your cover

Optional choice

If your Membership Certificate shows PMI Excess cover, your employer will have chosen this for you.

Optional choice	Options					
Please refer to your membership certificate to see if your employer has chosen for you to have the additional cover option shown below	Annual limit for each person covered					
PMI Excess						
Helps you pay any excess on your Private Medical Insurance policy Covered children will share an annual limit	£50	£100	£150	£200	£250	£300

Get help with your health when you need it with myWellbeing

Arrange to speak to a GP

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

Private prescription medication delivered

If the doctor 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 delivered the next working day to your door (home or place of work), from the GP helpline.

Access your discounts

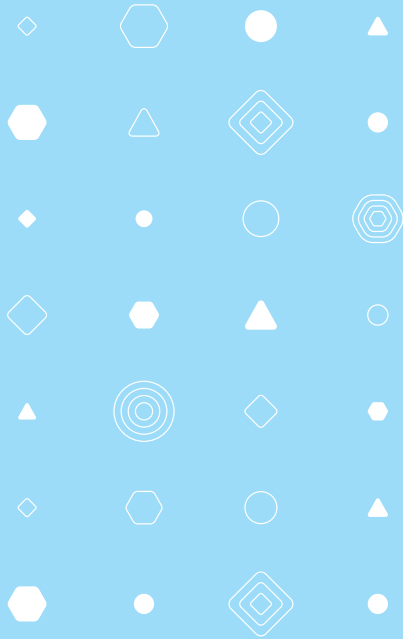
Perform well at work and at home with discounts and offers for gym memberships, sports equipment and family days out.

The 24/7 counselling and practical information helpline can help

Speak to someone 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.



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



This product meets the needs of someone who would benefit from support with everyday healthcare costs each year like routine dental check-ups and treatment; routine eye examinations and prescription eyewear; physiotherapy treatments; 24/7 access to a GP and counselling services.

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 5pm Saturdays

Part of these services are provided by a Third Party Supplier

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Your calls may be recorded and monitored for training and quality assurance purposes.

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