

# **Your Sainsbury's Health Plan**

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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 GP, nurse and mental health support services.

**Amount you can claim back each year  
Covered children have their own annual  
benefit entitlement**

	Level 1	Level 2	Level 3	Level 4	Level 5
Monthly premium for you and up to four of your children under the age of 24	£10.82	£23.79	£41.10	£60.56	£75.71
Monthly premium for you, your partner and up to four of your children under the age of 24	£21.64	£47.58	£82.20	£121.12	£151.42

Premiums include Insurance Premium Tax where applicable

<b>Healthy eyes, teeth and ears</b>	<b>We pay</b>	<b>Annual limit per person</b>				
Sight tests, glasses and contact lenses	100%	£50	£100	£150	£200	£250
Everyday dental treatment – hygienist's fees, fillings and more		£50	£100	£150	£200	£250
Dental treatment needed as a result of an accident		£200	£400	£600	£800	£1,000
Hearing aids, repairs and ear wax removal	75%	£100	£150	£300	£500	£750
<b>Healthy body</b>	<b>We pay</b>	<b>Annual limit per person</b>				
Seeing a Chiropractor, Osteopath, Physiotherapist or Acupuncturist	75%	£150	£350	£500	£800	£1,200
Seeing a Chiropodist, Podiatrist or Homeopath		£50	£75	£125	£175	£225
Discounted gym membership*		✔	✔	✔	✔	✔
<b>Healthy mind</b>						
24/7 helpline service, including mental health support*		Up to 6 sessions, per issue, per year, if deemed clinically appropriate				
<b>Healthy checks</b>	<b>We pay</b>	<b>Annual limit per person</b>				
Finding out what's wrong – appointments with a consultant, plus clinician referred tests and scans	75%	£100	£175	£450	£500	£600
A health assessment that includes <u>all</u> of the following: • BMI • blood pressure reading • cholesterol or diabetes check		£50	£75	£300	£350	£500
Speak to a GP or nurse 24/7, through the app or via the telephone*		24 hours a day / 7 days a week				
Access to a private prescription service when prescribed through the GP service (charges apply)*		✔	✔	✔	✔	✔
<b>Healthy extras</b>						
Cash amount when you are admitted to hospital, paid per night (or day) dependent on your admission circumstances (max 20 nights/days each year)		£10	£15	£20	£30	£40
A single cash amount if you have a baby or adopt a child (6 month qualifying period)		£50	£75	£150	£225	£300
Worldwide cover - you'll be covered wherever you are in the world		✔	✔	✔	✔	✔

\*Information on how to access these services is available via your online account or the app. Please refer to your policy documentation for full details of what is and isn't covered and any geographical restrictions that may apply. Additional services are also available. Mental health support services not available for children under the age of 16. Up to 4 of your children under the age of 24 can be covered for free with each child receiving their own annual benefit entitlement. The level of cover you select will be in your policy documents.

**You can find full details about the policy in your policy documentation.**

# Is this product right for you?

Please use this needs questionnaire to determine if this product is suitable for your needs.

Do you have or plan to have regular eye examinations?	Yes	No
Do you have or expect to purchase prescription eyewear?	Yes	No
Do you have or plan to have regular routine dental check-ups and/or treatment?	Yes	No
Do you have or plan to have treatments such as physiotherapy, chiropractic or osteopathy?	Yes	No
Do you want to have 24/7 access to speak with a GP or nurse, or for mental health support?	Yes	No

If you have answered 'No' to all of these questions above this product may not be suitable for your needs. Please check the full policy documentation to make sure this product will meet your needs before completing your application. Simplyhealth do not provide advice or recommendations.





You can contact us here:

**[simplyhealth.co.uk/customercontact](https://www.simplyhealth.co.uk/customercontact)**

or call on:

**0300 100 1020**

Lines are open Monday to Friday

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