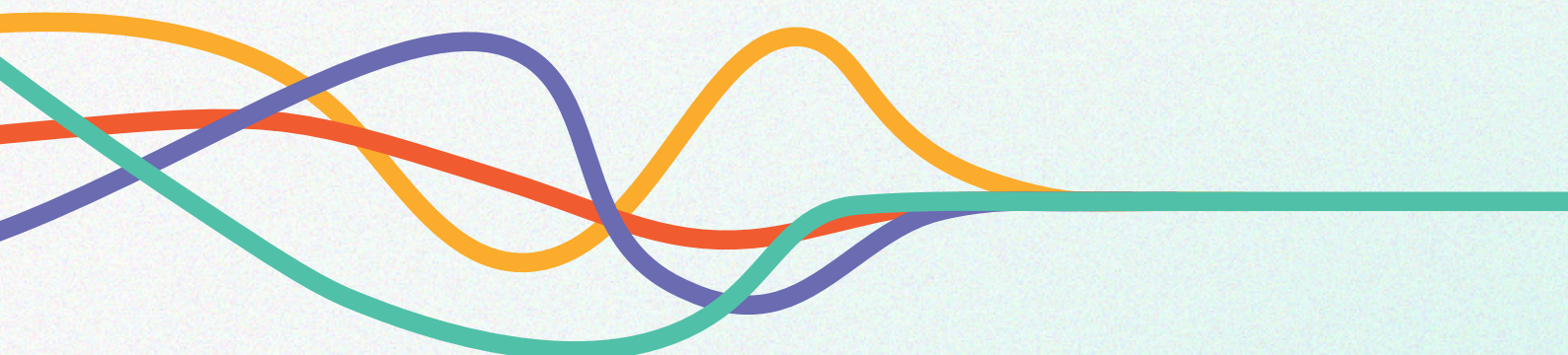




Get quick, easy access to healthcare for you and your family

with a Simplyhealth Health Plan



Trusted by over 2.5 million
members across the UK



Getting your health sorted can be hard work these days

It can be hard getting in front of a health professional

85% of new patients are unable to access an NHS dentist¹

It can be hard getting treatment when you need it

The waiting list for physiotherapy grew 27% between 2022 and 2024²

And if you do go private, it can be hard working out how to afford it

Of those who wouldn't consider private, 62% said it's because of costs³

This is why we're here

The Simplyhealth Health Plan makes things easy

How does it work?

Think of our plan like a subscription for your health. You pay and get access to a range of health services, and claim back towards certain health costs.

1

Choose and pay for the level of cover that works for you

2

Download our app and get instant access to 24/7 services like an online GP, mental health support services and a range of on-demand discounted and self-pay services

3

Book and attend your appointments, and if covered, claim back towards the costs using our app or online account, up to your benefit limits

We'll help you get access to the healthcare you need, when you need it. Quick access, simple to navigate, for your common health needs.

1. <https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthcaresystem/datasets/experiencesofnhshealthcareservicesinengland/current>
2. <https://www.theguardian.com/society/article/2024/may/26/shortage-of-nhs-physio-roles-leaves-patients-in-pain-as-waiting-lists-soar>
3. <https://www.ihpn.org.uk/why-do-people-use-private-healthcare/>

Become a member today and get...



24/7 access to online GP & nurse appointments, mental health support and digital muscle and joint pain assessments



Money back towards health costs like eye appointments, dental check-ups, prescriptions and more



Access to discounted and self-pay services on-demand including scans, physiotherapy, at-home test kits and neurodiversity assessments.

“Good coverage across a wide area of treatments. Simple and easy to use claims procedure. Claims are dealt with promptly, along with updates on progress.”

– Geoffrey, Feb 2025



Services included in your plan

24/7 access



GP and nurse appointments

Online appointments easily accessed through our app



Mental health support

In-the-moment access to counsellors whenever you need it



Muscle and joint pain assessments

Digital assessments providing advice, support and signposting for onward care

On-demand discounted and self-pay services

Physiotherapy

Discounted video and face-to-face sessions at over 300 clinics nationwide

Skin condition consultations

Discounted online consultations with qualified dermatologists

Prescription glasses

Discounted frames and lenses at over 1,200 opticians, including Vision Express*

Health testing kits

Discounts on at-home and in-clinic health tests

Neurodiversity assessments

Fast access to discounted online ADHD, autism and combined assessments

Gut health & healthy diet sessions

Understand gut-health and get personalised nutrition plans

Mental health coaching

Online mental health coaching with personalised pathways and support

Open-ended digital therapies

Specialised support for a range of concerns including OCD and depression

Parent coaching

Sessions to help with any concerns, from relationships to responsibilities

Sleep coaching

Online sessions to help understand and improve sleep

Weight management sessions

Sessions with a dietitian providing strategies and advice

Imaging and scans

Discounted scans without the need for a GP referral. Whether you need an MRI, ultrasound or mammogram, you can skip the wait

Menopause coaching

One-to-one sessions to discuss any stage of the menopause journey

Women's health products

Discounts on over 75 clinically approved women's health and wellbeing products

Gym discounts

Access savings on both monthly fees and joining costs at over 430 PureGym locations in the UK



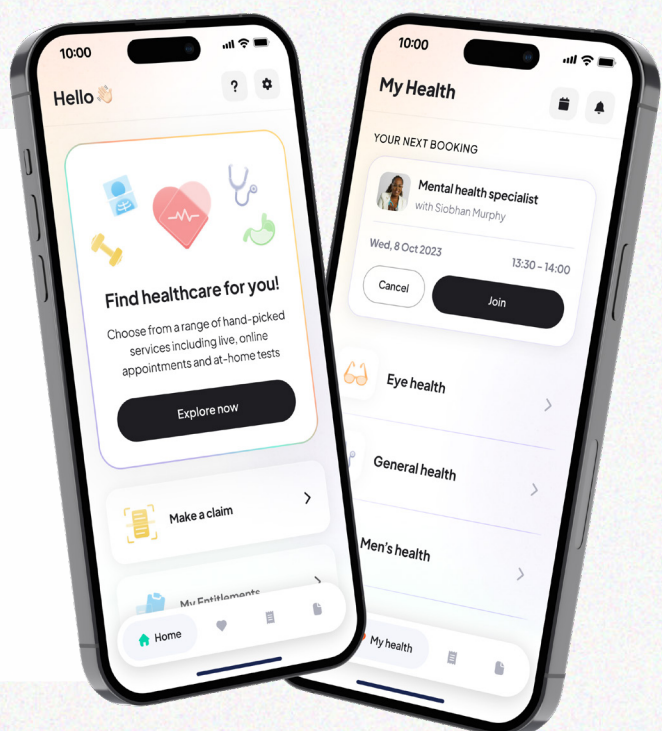
Managing your health with our 4.8* rated app

We've made sure everything you need for your plan can be accessed through our app

- ✓ Access all your included services, discounts and self-pay services in one place under **My Health**
- ✓ Claims can be made in minutes with our **Make a Claim** process. Just take a picture of your receipt, upload it, and fill in the details
- ✓ Track how much you have left to claim under each entitlement quickly and easily through **My Entitlements**
- ✓ Manage the admin side with all your important information stored in **My Documents**

"I have been with yourselves for many years and if at any time I made a claim the transaction runs smoothly and efficiently."

– ASDA Colleague
February 2025



ASDA Health Plan Table of Cover

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 an online GP and mental health support services.

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

	Basic	Level 1	Level 2	Level 3
Weekly premium for you and up to four of your children under the age of 24	£1.41	£2.76	£4.53	£6.30
Weekly premium for you, your partner and up to four children under the age of 24	£2.82	£5.52	£9.06	£12.60
Four weekly premium for you and up to four of your children under the age of 24	£5.64	£11.04	£18.12	£25.20
Four weekly premium for you, your partner and up to four of your children under the age of 24	£11.28	£22.08	£36.24	£50.40

Premiums include Insurance Premium Tax where applicable

Healthy eyes and teeth		We pay		Annual limit per person	
Sight tests, glasses and contact lenses	100%	£45	£105	£130	£160
Everyday dental treatment – hygienist’s fees, fillings and more	100%	£45	£105	£130	£160
Dental treatment needed as a result of an accident (3 month qualifying period)	100%	–	–	£500	£600
Healthy body					
Seeing a Chiropractor, Osteopath, Physiotherapist, Acupuncturist, Homoeopath or Reflexologist	75%	£50	£150	£300	£400
Seeing a Chiropodist or Podiatrist	75%	–	£50	£60	£120
Discounted gym memberships*		✓	✓	✓	✓
Healthy Mind					
Helpline service, including mental health support*		24 hours a day / 7 days a week			
Healthy checks					
Finding out what’s wrong – appointments with a consultant, plus clinician referred tests and scans	75%	£100	£150	£200	£250
Prescription charges	100%	£10	£20	£30	£40
Speak to a GP 24 hours a day, 7 days a week, through our app or via the telephone*		24 hours a day / 7 days a week			
Access to a private prescription service when prescribed through our GP service. (Charges apply)*		✓	✓	✓	✓
Healthy extras					
Cash amount when you are admitted to hospital, paid per night (or day) depending on your admission circumstances (max 30 nights/days)		£10	£16	£18	£40
Single cash amount if you have a baby or adopt a child (6 month qualifying period)		£100	£150	£200	£400
Worldwide cover – you’ll be covered wherever you are in the world		✓	✓	✓	✓

*Information on how to access these services is available via our SimplyPlan app or your online account. 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 services not available for children under the age of 16. Up to four 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 documentation. You can find full details about the policy in your policy documentation.

Finding a plan that works for you

You can choose from a variety of levels to make sure you have the right cover

Just to let you know: This product meets the needs of someone who would benefit from support with everyday healthcare costs each year, such as routine dental check-ups and treatment, routine eye examinations and prescription eyewear, physiotherapy, mental health support services and access to a GP.

Basic

You
£5.64

You and your partner
£11.28

Level 1

You
£11.04

You and your partner
£22.08

Level 2

You
£18.12

You and your partner
£36.24

Level 3

You
£25.20

You and your partner
£50.40

"It's easy, quick and the improvements made to the system recently make it even quicker - great system, easy to navigate and no hassle"

ASDA Colleague May 2025

Rated Excellent



To find out more, speak to our friendly team

0330 102 5325

or email

consumersales@simplyhealth.co.uk

Join today!



Scan the QR code to start your plan
or find out more information.

Or visit
simplyhealth.co.uk/businesses



Simplyhealth

ASDA

Part of these services are provided by a Third party Supplier.

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