

Your Optimise 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 or nurse and mental health support services.

Amount you can claim back each year
Covered children will share each annual benefit entitlement

All benefits are 100% payback up to the annual limit	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						
24/7 helpline service, including mental health support*	Up to 6 sessions, per issue, per year, if deemed clinically appropriate					
Healthy checks						
Finding out what’s wrong – appointments with a clinician, plus referred tests and scans	£250	£300	£400	£450	£500	£600
A health assessment that includes: • BMI • blood pressure reading • cholesterol or diabetes check	£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
Prescription charges	£15	£20	£25	£30	£30	£35
Speak to a GP or nurse 24/7, through the SimplyPlan 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) dependent on your admission circumstances (max 20 nights/days each year)	£20	£20	£20	£20	£20	£20
A 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	✔	✔	✔	✔	✔	✔

*Information on how to access these services is available via your online account or the SimplyPlan app. Please refer to your policy documentation for full details of what is and isn’t covered and any geographical restrictions that may apply. GP service not available on Christmas Day. 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 and will share each 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.

Optional choice

If the following choice is showing on your policy information via your online account, this means that your employer will have chosen this for you.

PMI Excess cover	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
To help pay towards any excess on your Private Medical Insurance policy	£50	£100	£150	£200	£250	£300

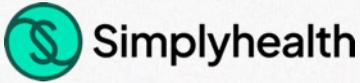
Is this product right for you?

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 to a GP/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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