

# Compare plans

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# Cover

	Simply Essentials	Simply Health Plan	Simply Dental Plan
<b>24/7 Digital Services</b>			
<b>GP &amp; nurse appointments</b> Speak to a doctor or nurse online 24/7, for fast medical advice and guidance.	✓	✓	✗
<b>Mental health support</b> Online access to counsellors and psychotherapists, 24 hours a day, 7 days a week.	✓	✓	✗
<b>Digital muscle &amp; joint pain assessments</b> Instant access to digital assessments for support with conditions affecting bones, muscles and joints.	✓	✓	✗
<b>Life advice helpline</b> Confidential wellbeing, financial, legal and lifestyle guidance available by phone.	✓	✓	✗
<b>Gym membership discounts</b> Reduced monthly membership costs at participating gyms nationwide.	✓	✓	✓
<b>Dental</b>			
<b>Reimbursement towards dental costs</b> Includes check-ups, treatment, crowns, bridges, hygienist fees and more.	✗	✓	✓
<b>Reimbursement towards the cost of a dental accident</b> Dental treatment needed as a result of an accident.	✗	✓	✓
<b>Worldwide dental emergency helpline</b> 24/7 support for dental emergencies at home or when travelling.	✗	✗	✓
<b>24/7 Dental anxiety helpline</b> Telephone counselling service offering support with dental-related anxiety, worry or stress.	✗	✗	✓
<b>Claimable benefits</b>			
<b>Optical</b> Includes sight tests, prescription glasses and contact lenses.	✗	✓	✗
<b>Physiotherapy, Osteopathy, Chiropractic and Acupuncture</b> Annual limit can be used for one or all of these treatments.	✗	✓	✗
<b>Podiatry &amp; Reflexology</b> Includes a range of foot-care treatments and assessments.	✗	✓	✗
<b>Hospital stays</b> Cash benefit for each day or night you are admitted to hospital (up to 20 days/nights).	✗	✓	✗
<b>Diagnostics</b> Consultant fees for diagnostic consultations, referred tests and scans	✗	✓	✗
<b>NHS or private prescriptions</b> Claim back towards the cost of prescriptions. Dental prescriptions are claimable under Simply Dental Plan. For a full list of what's covered please read the T&Cs.	✗	✓	✓
<b>On-demand services</b> Access to a wide range of discounted and self-pay health and wellbeing services			
<b>Including up to 20% off prescription eyewear*, discounted scans, convenient health test kits and more.</b> *Excluding contact lenses.	✓	✓	✓

## Terms and conditions apply to all plans.

Simply Health Plan and Simply Dental are insurance products regulated by the FCA.

Simply Essentials is not a regulated insurance product and is provided by Simplyhealth Guidance Limited.

