



Simplyhealth

All together healthier

Your table of cover for your Optimise Health Plan



Optimise 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 a GP and counselling services.

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

All benefits are 100% payback	Level 2
Healthy eyes and teeth	
Sight tests, glasses and contact lenses	£75
Everyday dental treatment - hygienist's fees, fillings and more	£75
Dental treatment needed as a result of an accident	£300
Healthy body	
Seeing a Chiropractor, Osteopath, Physiotherapist or Acupuncturist	£200
Seeing a Chiropodist, Podiatrist or Reflexologist	£50
Discounted gym membership*	✔
Healthy mind	
Helpline service, including telephone counselling*	24 hours a day / 7 days a week
Healthy checks	
Finding out what's wrong – appointments with a consultant, plus tests and scans, including, but not limited to, GP referred blood tests	£300
A health assessment that includes: <ul style="list-style-type: none"> • BMI and body fat percentage • blood pressure reading • cholesterol or diabetes check 	£100
Seeing a GP, a dietitian for a consultation, or having an inoculation/vaccination	£75
Prescription charges	£20
Speak to a GP 24 hours a day, 7 days a week, through our app or via the telephone. Our apps are available to download via the App Store or Google Play Store.*	24 hours a day / 7 days a week
Access to a private prescription delivery service when prescribed through our GP service. (Charges apply)*	✔
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
Single cash amount if you have a baby or adopt a child (6 month qualifying period)	£200
Worldwide cover - you'll be covered wherever you are in the world	✔
Optional choices - these have been selected for you by your employer	
Face to face counselling Available in the UK, Channel Islands and IOM only	Up to six sessions, per issue, per year

*Information on how to access these services is available via our myWellbeing platform. Additional services are also available.

Your employer has chosen this policy for you. Up to four children under the age of 24 can be covered for free. Covered children will share each annual benefit entitlement.

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 arrange to speak to a GP or counsellor?	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 us on

0300 100 1020

Lines are open Monday to Friday, 8am to 6pm.



**England
Rugby**

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