

Welcome to your

Flexible Health Cash Plan



Statement of Demands and Needs.

This plan is designed to make it easier for you to look after everyday healthcare needs. It also comes with access to a range of wellbeing services available via our online Members' Area.

About your plan:

- ✓ Up to 100% money back on everyday healthcare, such as Dental, Optical and Physiotherapy
- ✓ Children up to the age of 24, living at home and studying full time are covered at no extra cost
- ✓ If partners are covered they'll receive their own separate allowance, whilst dependent children share one allowance*
- ✓ No medical required prior to joining the plan, plus pre-existing conditions are covered on all benefits
- ✓ MyWellness; easy-to-access services that support your physical and mental wellbeing

*Excludes Specialist Consultation and Hospital Benefits

wellness

All these are yours to access to help keep you in the best of health:

- ★ **My Counselling** 24/7 Counselling and support helpline.
- ★ **My GP Anytime** Direct line to a doctor via phone or video chat.
- ★ **My Health Assessments** Online health and lifestyle analysis.
- ★ **My PERKS** Deals and discounts from great brands.
- ★ **My Home Assistance** Practical help following hospital treatment.



The Flexible Health Cash Plan at a glance.

There are five levels of cover.

How much it will cost you per month:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
For just you	£11.80	£32.00	£47.00	£67.00	£92.00
For you and your partner	£23.60	£64.00	£94.00	£134.00	£184.00

How much you can claim:



The total amount each adult can claim back on each benefit per year

Dental	£75	£135	£175	£225	£290
Optical	£75	£135	£175	£225	£290
Chiroprody	£75	£135	£175	£225	£290
Prescriptions					5
Health & Wellbeing and Health Screening	£75	£135	£175	£225	£290
Combined Physiotherapy	£130	£290	£390	£520	£660
Hospital Benefits*	£20	£45	£65	£85	£110
Parental Hospital Stay**	£10	£25	£35	£45	£55
Specialist Consultation, ECG, X-ray, Pathology fees and MRI scans	£130	£225	£350	£460	£600
Dental Accident	£200	£400	£600	£800	£1000
Maternity – Antenatal and Adoption	£150	£300	£560	£695	£900

A single payment

*Claim up to a maximum of 25 days/nights per benefit year; Hospital Inpatient (per night); Hospital Day Surgery (per day).

**Claim up to a maximum of 25 nights per benefit year.

The above benefits and allowances are the maximum levels that apply to your plan. The costs, benefits and the benefit level are subject to an annual review and so may change in the future.

Dependent children share one allowance with the exception of Specialist Consultation and Hospital Benefits.

Discover more at healthshield.co.uk

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The best of health