



Irish Life
health

Day to Day Most

Our Day to Day Most plan is designed to provide cover for day-to-day expenses such as GP, consultant and dentist fees as well as money back on visits to physiotherapists and alternative practitioners. Day to Day Most does not include hospital cover, this can be purchased separately. Take a look at some of the key benefits of your plan below.

Day-to-day Benefits (subject to excess)

Individual Day-to-day excess	€1
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Day to day practitioners

GP visits	€25 x 5 visits
Digital Doctor	Unlimited phone & digital consultation. See irishlifehealth.ie for further information.
Nurse on call	Covered
Dentist visits	€25 x 5 visits
Physiotherapy visits	€25 x 5 visits



Alternative Practitioners

Podiatrist	€25 x 5 combined visits
Reflexologist	€25 x 5 combined visits
Nutritionist	€25 x 5 combined visits
Dietician	€25 x 5 combined visits
Massage Therapist	€25 x 5 combined visits
Acupuncturist	€25 x 5 combined visits
Osteopath	€25 x 5 combined visits
Physical therapist	€25 x 5 combined visits
Chiropractor	€25 x 5 combined visits

Day-to-day Benefits (subject to excess)

Alternative Practitioners (continued)



Reiki practitioner	€25 x 5 combined visits
Chiropracist	€25 x 5 combined visits
Speech therapist	€25 x 5 combined visits
Occupational therapist	€25 x 5 combined visits
Orthoptist	€25 x 5 combined visits
Homeopath	€25 x 5 combined visits



Other Day-to-day Benefits

Optical (eye test and/or glasses/lenses combined)	€25 x 5 visits
Consultant fees (non-maternity)	€60 x 3 visits
Public A&E Cover	€40 x 3 visits
Health screening & allergy testing	Up to €80 per policy year



How do I claim?

You can claim for your day to day expenses online. Log into your member secure area on irishlifehealth.ie, upload a photo of your receipt and submit your details - it's that simple.

You can also send claims by post.

Please see your membership handbook for more detail.

Information correct as of 1st December 2016.

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Irish Life Health dac is regulated by the Central Bank of Ireland.

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