



Your Optimise Plus Health Plan

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This product meets the needs of someone who would benefit from support with everyday healthcare costs each year, such as routine dental check-ups and treatment; routine eye examinations and prescription eyewear; physiotherapy treatments; counselling service and access to a GP from the comfort of your own home.

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

All benefits are 100% payback

	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 complementary therapist (please refer to the terms and conditions for details of the Health and Wellbeing benefit)	£60	£75	£100	£125	£175	£250
Seeing a Chiroprapist, Podiatrist or Reflexologist	£25	£50	£75	£75	£100	£150
Discounted gym membership*	✓	✓	✓	✓	✓	✓
Healthy mind						
Helpline service, including telephone counselling*	24 hours a day					
Healthy checks						
Finding out what’s wrong – appointments with a consultant, plus tests and scans	£250	£300	£400	£450	£500	£600
A health assessment that includes: <ul style="list-style-type: none"> • BMI and body fat percentage • blood pressure reading • cholesterol or diabetes check • kidney or liver function test 	£50	£100	£250	£300	£350	£500
Seeing a GP, a dietitian for a consultation, or having an inoculation/vaccination by a GP or Nurse, or a flu vaccination by a Nurse or Pharmacist	£75	£75	£75	£75	£75	£75
Prescription charges	£15	£20	£25	£30	£30	£35
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					
Access to a private prescription delivery service when prescribed through our GP service. (Charges may 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	£20	£20	£20	£20	£20
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	✓	✓	✓	✓	✓	✓

*Find information about how you can access these services on our myWellbeing platform. Additional services are also available. Your employer has chosen this policy for you. Your children under the age of 24 can be covered for free and will share an annual benefit entitlement.

Optional choices

If any of the following choices are showing on your Membership Certificate via your online account, this means that your employer will have chosen this cover for you.

Private Medical Insurance (PMI) Excess cover

To help pay towards any excess on your Private Medical Insurance policy. The amount of cover you can claim towards for this benefit is also shown on your Membership Certificate.

Face to face counselling

Up to six sessions, for each issue. This service is available through the myWellbeing platform via your online account.

Get help with your health when you need it with myWellbeing

Speak to a GP by video call 24/7 via the SimplyConsult app

Speak to a GP 24 Hours a day, 7 Days a week, through SimplyConsult or via telephone on 0300 100 1206. Our apps are available to download via the App Store or Google Play Store.*

Have prescription medication delivered

If appropriate, the GP can issue a private prescription to be sent to you (charges apply). You can also manage and pay (if applicable) for your NHS repeat prescriptions via the SimplyConsult app where you can order your repeat prescriptions free of charge to your door without a trip to the pharmacy.*

Access your discounts

Help relieve the stresses of everyday life with discounts and offers for gym memberships, sports equipment and family days out.

24/7 support, advice and counselling when you need it

Speak to someone if you are going through a tough time. Whether you're feeling stressed or anxious, in need of legal or financial advice, perhaps you'd like support with work, relationships or bereavement. You don't need to go it alone.

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

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.

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, 8am to 6pm.



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