

# Table of cover

	Level 1	Level 2	Level 3	Level 4	Level 5
Monthly premium for you	£7.50	£10	£20	£40	£60
Monthly premium for you and your partner	£15	£20	£40	£80	£120
Monthly premium for each child under the age of 18	£1.50	£3.00	£6.00	£12.00	£18.00

Premiums include Insurance Premium Tax where applicable

Available on all levels of cover	
<b>Speak to a GP</b>	Speak to a GP 24 hours a day, 7 days a week, through our SimplyPlan app or via telephone
<b>Digital muscle and joint pain assessments</b>	A muscle and joint pain triage service to point you in the right direction and help get the care you need
<b>Telephone counselling</b>	Telephone access to trained counsellors, 24 hours a day, 7 days a week
<b>Wellbeing and lifestyle guidance</b>	Access to wellbeing and lifestyle guidance, including financial or relationship advice

We also have a range of health-related information and services which can be accessed through your online account

We pay 100% of your receipt up to the annual limit					
To help you feel your best		Annual limit per person covered on this policy			
<b>Physiotherapy, osteopathy, chiropractic, acupuncture</b> Treatment from a registered professional		£50	£50	£150	£250
<b>Chiropody/podiatry &amp; reflexology</b> Treatment from an HCPC registered chiropodist/ podiatrist, or treatment from a reflexologist		-	£50	£100	£150
<b>To help you keep your eyes and teeth healthy</b>		Annual limit per person covered on this policy			
<b>Dental</b> Includes check-ups and treatment, for example fillings, crowns and bridges, hygienist fees, gum shields		-	£50	£100	£150
<b>Optical</b> Sports or everyday prescription glasses, prescription sunglasses and contact lenses		-	£50	£100	£150
<b>To help you when you need it most</b>		Limit per day/night per person covered on this policy			
<b>Hospital admission</b> Cash amount when you are admitted to hospital. Up to 20 days/nights maximum, each policy year		-	£20	£20	£20
<b>To help you when you need it most</b>		Annual limit per person covered on this policy			
<b>Prescription charges</b> Prescriptions issued by a GP or Dentist		£20	£20	£30	£40

You must be over 18 to join this policy. **You can find full policy details in the policy documents.**