

Optimise health plan

The Optimise health plan helps you demonstrate commitment to the maintenance of your employees' health, wellbeing and everyday performance.

Cost shouldn't be a barrier to good health. With a health cash plan it doesn't have to be. Your employees can claim money back towards the cost of medical check-ups, appointments and treatments to help keep them physically and mentally fit. When employees perform well, there's every chance your business will too.

—Key benefits

- Help employees maintain their everyday health so that they can focus on the health of your business
- Reduce absence and help employees get back to work with easy access to GP services
- Support employees' mental wellbeing with advice and counselling services



The table of cover - 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 chiropodist, podiatrist or reflexologist	£25	£50	£75	£75	£100	£150
	Discounted gym membership ★	✓	✓	✓	✓	✓	✓
Healthy mind							
	Helpline service, including telephone counselling with the option to upgrade to six face-to-face counselling sessions ★	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	£75	£75	£75	£75	£75	£75
	NHS and private prescription charges	£15	£20	£25	£30	£30	£35
	Speak to a GP ★	24 hours a day					
	Private prescription delivery to your home or place of work, when prescribed using 'Speak to a GP' ★	✓	✓	✓	✓	✓	✓
Healthy extras							
	Cash amount for each day or night to help towards everyday expenses when admitted to hospital (up to 20 days/nights)	£20	£20	£20	£20	£20	£20
	Single cash amount paid upon the birth or adoption of a child (6 month qualifying period)	£200	£200	£200	£200	£200	£200
	Worldwide cover - access these benefits from wherever in the world (excluding face-to-face counselling which is UK, Channel Islands and IOM only)	✓	✓	✓	✓	✓	✓

★ Services are accessed through your online account by clicking on the myWellbeing button. Additional services are also available. Up to four children under the age of 24 can be covered for free.

Is this product right for you?

To ensure this product is suitable for your company's needs, please answer the following questions:

Do you want to support and encourage your employees to look after their everyday healthcare?	Yes	No
Do you want your employees to be able to claim back the costs of everyday healthcare appointments like dental examinations and treatment; eye examinations and prescription eyewear; physiotherapy treatments?	Yes	No
Do you want your employees 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. We do not provide advice or recommendations.

This product meets the needs of a business that wants its employees to 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.



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