

# Select

## Health Cash Plan



The most popular benefits, selected in one straightforward plan



Helping your people lead healthy, happy lives

# Select

## Health Cash Plan

### The most popular benefits, enhancing employee health and wellbeing.

The Select Health Cash Plan lays the groundwork for a healthier, happier workplace.

Employees and their families can claim back costs for everyday healthcare, with added benefits like mental health support, virtual GP access, counselling, and more.

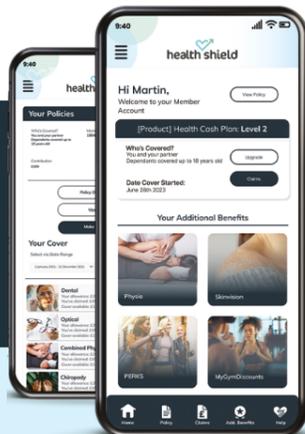


#### Employer benefits:

- ✓ Flexible cover to suit your budget, with employee upgrade options.
- ✓ A powerful benefit that puts health at the heart of your workplace
- ✓ Attract and keep top talent with an attractive employee benefit.
- ✓ Fair and transparent pricing ensures long-term value for your investment.
- ✓ Smart technology for simple onboarding and management of your plan.

#### Employee benefits:

- ✓ Claim back everyday healthcare costs, including dental, optical, and physiotherapy.
- ✓ Include dependent children at no extra cost\* and add partners for an additional charge†.
- ✓ Quick and easy online claims with money back typically in just 3-5 working days.
- ✓ Access to Additional Benefits such as Virtual GP, 24/7 counselling and support helpline and more.^^
- ✓ Exclusive shopping discounts and cashback with PERKS.



## Digital access on the go with our mobile app

\*Up to the age of 21, living at home and in full-time education

†Adding partners or increasing your level of cover is available to members in the UK only.

^^Additional Benefits services available can change without notice and may be provided by third-party suppliers.

## For a healthy, happy workplace

		LEVEL 1	<b>LEVEL 2</b> MOST POPULAR	LEVEL 3	LEVEL 4	LEVEL 5
Monthly cost per employee						
10+ Employees:		£4.77	<b>£6.50</b>	£11.70	£21.67	£34.02
3-9 Employees:		£8.00	<b>£10.49</b>	£18.00	£29.00	£47.00
Children covered at no extra cost.* To add employee partner cover, simply double the individual employee cost per month						
Benefits employees can claim for:		LEVEL 1	<b>LEVEL 2</b>	LEVEL 3	LEVEL 4	LEVEL 5
<b>Dental</b> (incl. Check-ups, braces, whitening and more)	Per adult Per child	£65 £30	<b>£90</b> <b>£45</b>	£120 £60	£175 £85	£230 £115
<b>Optical</b> (incl. Prescription glasses, eye tests, contact lenses and more)	Per adult Per child	£65 £30	<b>£90</b> <b>£45</b>	£120 £60	£175 £85	£230 £115
<b>Combined Physiotherapy</b> (incl. Acupuncture, chiropractic, x-rays, osteopathy, homeopathy and more)	Per adult Per child	£170 £85	<b>£200</b> <b>£100</b>	£315 £155	£425 £210	£565 £280
<b>Chiroprapy</b>	Per adult Per child	£65 £30	<b>£90</b> <b>£45</b>	£120 £60	£175 £85	£230 £115
<b>Health &amp; Wellbeing</b> (incl. Allergy testing, counselling, sports massage and more)	Per adult Per child	£85 £40	<b>£100</b> <b>£50</b>	£140 £70	£195 £95	£250 £125
<b>Health Screening</b>	Per adult Per child	£85 £40	<b>£100</b> <b>£50</b>	£140 £70	£195 £95	£250 £125
<b>Specialist Consultation and Scanning</b> (incl. CT scans, mammograms, colonoscopy, biopsy and more)	Per adult Per child	£200 £200	<b>£220</b> <b>£220</b>	£260 £260	£300 £300	£400 £400
<b>Dental accident</b>	Per adult Per child	£180 £90	<b>£300</b> <b>£150</b>	£400 £200	£600 £300	£800 £400
<b>Personal Accident Protection</b>	Per adult Per child	£5,000 £2,500	<b>£5,000</b> <b>£2,500</b>	£5,000 £2,500	£5,000 £2,500	£5,000 £2,500
<b>Additional Benefits<sup>^</sup></b>						
<b>GP Anytime</b>		✓	✓	✓	✓	✓
<b>24/7 Counselling &amp; support helpline</b>		✓	✓	✓	✓	✓
<b>Mental Wellbeing Support</b>		✓	✓	✓	✓	✓
<b>PERKS</b>		✓	✓	✓	✓	✓
<b>SkinVision</b>		✓	✓	✓	✓	✓
<b>My Gym Discounts</b>		✓	✓	✓	✓	✓

The table shows the maximum amounts you can claim for on your plan. Health Shield review these amounts annually so they may change.

#### Optional Bolt-ons

**Face to Face Counselling**  
Up to 8 face to face counselling sessions.

**PMI Excess Cover**  
Where selected this will be paid from and up to "Specialist Consultation and Scanning" limits.

Speak to our team for full details of optional bolt-ons, including costs and how to include them on your cash plan.

Employees have access to their benefits in the palm of their hand with our app.

App users can make virtual GP appointments, submit claims, speak to mental health counsellors, manage their cash plan and much more, all on the go.



Discover more at [healthshield.co.uk](https://healthshield.co.uk)



## Digital Onboarding

Choose your plan and onboard in four simple steps, designed to help your employees quickly and easily activate their cash plan and start enjoying their benefits right away.

1

Upload employee details to our online portal



2

We invite your employees to register



3

Employee completes online registration and can download our app



4

Instant access to benefits

## Why Choose Health Shield?

### Proudly member-owned

for over 145 years, delivering unique value to our members.

### We're a partner, not just a

provider which is why over 4,500 UK organisations continue to trust us.

**98%** of accepted claims paid within 2 working days.

**Supporting** more than 465,000 members and their families with their healthcare.

**Comprehensive & flexible** plans designed to meet everyday and specialist health needs.

**Rated Excellent** on Trustpilot with a **4.7** star rating.

Health Shield Insights, 2025

This is a financial promotion.

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**health shield**  
The best of health