

MEMBERSHIP PLAN

WELCOME TO YOUR

# Flexible Health Cash Plan

Make the most of your Flexible Health Cash Plan by claiming money back on everyday healthcare costs. There is no medical required to join and pre-existing conditions are covered too.

## Great benefits designed to support your health :

- ★ **Up to 100% money back on everyday healthcare costs** such as dental, optical and physiotherapy
- ★ **Children covered** at no extra cost up to the age of 24\*. Partners added for an additional charge
- ★ **Financial support** with discounts and cashback on shopping via My PERKS
- ★ **Enjoy money back** on sports massage, aromatherapy, reflexology, hot stone massage treatments and much more
- ★ **Simple and fast online claims**, money back typically within 3-5 working days

\*Living at home and studying full-time.

## Additional *my*wellness benefits included:

Your health cash plan includes a range of mywellness services which you can access online, for **more information** visit [members.healthshield.co.uk](https://members.healthshield.co.uk)



**My GP Anytime**  
Direct line to a doctor via phone or video chat



**My Counselling**  
24/7 Counselling and support helpline



**My Home Assistance**  
Practical help following hospital treatment



**My Health Assessments**  
Online health and lifestyle analysis



**My PERKS**  
Deals and discounts from great brands

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

# The Flexible Health Cash Plan at a glance.

Below is a range of health benefits available to claim money back on. Please check your level of cover before making a claim.

How much it will cost you per month:	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
For just you	£11.80	£32.00	£47.00	£67.00	£92.00
For you and your partner	£23.60	£64.00	£94.00	£134.00	£184.00
<b>How much you can claim:</b>	<input checked="" type="radio"/> Child cover <span style="float: right;">The total amount each adult can claim back on each benefit per year.</span>				
<b>Dental</b> (incl. Check-ups, braces, dentures and more)	£75	£135	£175	£225	£290
<b>Optical</b> (incl. Glasses, eye tests, contact lenses and more)	£75	£135	£175	£225	£290
<b>Chiropody</b>	£75	£135	£175	£225	£290
<b>Prescriptions</b> (e.g. NHS prescriptions charges)	1	2	3	4	5
<b>Health &amp; Wellbeing</b> (incl. allergy testing, counselling fees, sports massage, aromatherapy, reflexology, hot stone massage and more)	£75	£135	£175	£225	£290
<b>Health Screening</b>	£75	£135	£175	£225	£290
<b>Combined Physio</b> (incl. Acupuncture, chiropractic, physio, osteopathy, homeopathy and more)	£130	£290	£390	£520	£660
<b>Hospital Benefits</b> Claim up to a max 25 days/night per benefit year	£20	£45	£65	£85	£110
<b>Parental Hospital Stay</b> Claim up to a max 25 nights per benefit year	£10	£25	£35	£45	£55
<b>Specialist Consultation, ECG, X-ray, MRI scans</b>	£130	£225	£350	£460	£600
<b>Dental Accident</b>	£200	£400	£600	£800	£1000
<b>Maternity – Antenatal and Adoption</b>	£150	£300	£560	£695	£900

The table shows the maximum amount you can claim for on this plan. Health Shield review these annually so they may change. Separate benefit allowances for partners (if covered). Dependent children share one allowance with the exception of Specialist Consultation and Hospital Benefits.

## Manage your plan online

Visit [members.healthshield.co.uk](https://members.healthshield.co.uk)

Discover more about the great health benefits on offer, view your cash back balances, claim online and access MyWellness services.

You'll need your member number to view your plan online, you'll find this in your welcome pack.



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