

# 4work

Your employee paid health cash plan



# Paycare

Everyday Health Cover since 1874

Our voluntary health cash plans help keep you happy, healthy and supported - we're with you every step of the way!

100%

Reclaim up to 100% of cost on a wide range of benefits, up to an annual limit

LEVEL	LEVEL	LEVEL	LEVEL	LEVEL
1	2	3	4	5
Weekly	£1.59	£3.17	£4.76	£6.34
Monthly	£6.87	£13.74	£20.61	£27.48

## Everyday health & wellbeing

For happy, productive and engaged employees

### Optical 100%

Including sight tests, glasses and contact lenses

£40

£70

£115

£140

£210

### Dental 100%

Including check ups and routine treatment. Private or NHS

£45

£80

£120

£160

£240

### Chiropody 100%

Including physiotherapy, osteopathy, chiropractic, acupuncture,

homeopathy, hypnotherapy and reflexology

£25

£50

£75

£100

£150

### Professional Therapy 100%

Including physiotherapy, osteopathy, chiropractic, acupuncture, homeopathy, hypnotherapy and reflexology

£50

£90

£140

£190

£290

## Prevention & fast diagnosis

For a speedier return to health

### Specialist Consultation & Tests 100%

Including MRI scans, X-rays and reclaiming of PMI excess

£75

£150

£210

£300

£400

### Health Screening 100%

Including Well-man/Well-woman, mammography & heart disease screening

£50

£100

£150

£200

£300

### Inoculation / Vaccination

Including flu jabs

£30

£30

£30

£30

£30

### New Child Payment

One payment per child at birth / adoption

£50

£100

£125

£150

£200

### Hospital Day Case

For each day case up to 15 per year

£10

£18

£22

£25

£40

### Hospital

For each night as an inpatient / parental stay for up to 5 nights per year

£11

£19

£26

£33

£45

### Lifestyle Assessment

Online assessment and personal coaching accessed via our website

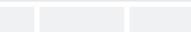


## Professional support

To get your employees back on track

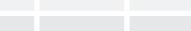
### Paycare EAP

Confidential counselling and support helpline  
Unlimited telephone support 24/7  
Up to 6 structured counselling sessions (if required)



### MyPocketGP

Unlimited telephone support  
Virtual surgery via our mobile app  
Worldwide cover  
Private prescription service



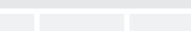
### Personal Accident Cover

Cover for disablement and major fractures (adults under 70 only)

Up to £10,000

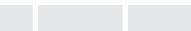
### Redundancy Premium Protection

Free cover (for up to 6 months) in the event of redundancy



### Paycare Perks

Online employee discount scheme giving access to hundreds of high street, leisure and health and fitness discounts, accessed via our website.



The premium is inclusive of Insurance Premium Tax at the current rate. This table should be read in conjunction with the full policy rules.  
All benefits shown are yearly maximums and are paid at 100% of the receipt value up to the annual limit.

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# Much more than just a great health cash plan

# Paycare

Everyday Health Cover since 1874

Your Paycare policy comes with a range of key benefits:

-  Dedicated Account Manager
-  Dependent children covered
-  Corporate Centre Resources
-  Up to 100% payback

-  No medical required
-  Immediate benefit

-  Online & paper claims
-  Annual benefit allowance

## Helpline



### Paycare Counselling & Helpline

We understand that from time to time your employees need a little extra support and somewhere to turn to; we're here for them.

Our confidential Telephone Counselling Service offers professional support for depression, stress, anxiety, relationship problems and bereavement, as well as valuable tax, debt and legal support 24 hours a day. And what's more, if required, we will also cover the cost of up to 6 structured counselling sessions, to help get them back on track.

## MyPocketGP



### With GP waiting times reaching a staggering 14 days, it can be harder than ever for your employees to access local GP services. Until now...

Whether your employees want to speak to a doctor during their lunch break or need medical support at home, the Paycare MyPocketGP app makes it easy to book appointments, attend a consultation via telephone or video link, get private prescription medication delivered to your door and much more, reducing the need for lengthy time out of work arranging and attending appointments.

## Rewards



### Reward your employees with discounts on a wide range of everyday purchases

At Paycare we believe that employee wellbeing doesn't stop with physical and mental health - your team's financial health is important to us too!

Paycare Perks is a discount scheme offering savings on hundreds of high street, leisure, and health and fitness products and services. With the handy Savings Calculator, your staff can see exactly how much they could save on annual household spending, whether it's discounts on weekly food shopping or a making treat or two possible.

## Redundancy Premium Protection

If redundancy strikes you may lose access to employment benefits like healthcare cover. To help out in this difficult time, we offer our Policyholders FREE cover up to 6 months from the day you are made redundant, subject to qualifying criteria.

The Paycare Employee Assistance Programme is provided by HealthHero.

Paycare's GP service is provided by HealthHero. Paycare Perks is provided by Parliament Hill Limited.

For full details and to discover how you can access these services please refer to your Policy Documents.

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