

Gold

OVER 65'S HEALTH CASH PLAN

Paycare

Everyday Health Cover since 1874

Our health cash plans help keep you happy, healthy and productive - 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

BASIC PLAN

£26.95 per month

Everyday health & wellbeing

Looking after you everyday

Optical **100%**

Including sight tests, glasses and contact lenses

£100

Dental **100%**

Including check ups and routine treatment. Private or NHS

£150

Professional Therapy **100%**

Including physiotherapy, osteopathy, chiropractic, acupuncture, homeopathy, hypnotherapy and reflexology. Chiroprody claims limited to £100 (50% of annual limit)

£200

Hearing Aids

£300

Prevention & fast diagnosis

For a healthy future

Specialist Consultation & Tests **100%**

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

£400

Lifestyle Assessment

Online assessment and personal coaching accessed via our website



Professional support

We're here for you

Paycare Counselling & Helpline

Unlimited telephone support
Up to 6 face to face counselling sessions (if required)



MyPocketGP

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



Redundancy Premium Protection

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



Rewards

Paycare Perks

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



Optional monthly hospital plan

+ £10.23 per month
(total cost: £37.18)

Hospital

For each night spent as an in-patient (policyholder and partner, up to a joint maximum of 30 nights per year and 60 nights in any 3 consecutive years)

£20

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.

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:

- ✓ Dependent children covered
- ✓ No medical required
- ✓ Online & paper claims
- ✓ Up to 100% payback
- ✓ Easy to set up
- ✓ Annual benefit allowance

Helpline



Paycare Counselling & Support Helpline

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

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. And what's more, if required, we will also cover the cost of up to 6 structured counselling sessions, to get you back on track.

To speak to a qualified counsellor or specialist call **0800 028 6678**

MyPocketGP



The My Pocket GP app brings together everything you love from a traditional GP service with the added benefit of having it all at your fingertips - wherever you are!

Our dedicated online app makes it easy to book appointments, attend a consultation via telephone or video link, get private prescription medication delivered to your door, and access health and fitness information (plus much more) all at the push of a button.

To speak to a qualified GP, call **0345 222 5749** or download the MyPocketGP app at paycare.org/mypocketgp

Rewards



Reward yourself with discounts on everyday purchases

At Paycare we believe that your wellbeing doesn't stop with your physical and mental health, so we've introduced a brand new service designed to help you look after your financial health too!

Paycare Perks is a fantastic new online discount scheme offering savings on hundreds of high street, leisure, and health and fitness products and services. With our Savings Calculator you can see exactly how much you could save on your annual household spend.

To access Paycare Perks, log in or register at www.paycare.org

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.*