

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

LEVEL	LEVEL	LEVEL	LEVEL	LEVEL
1	2	3	4	5

	Employee premiums	Weekly	£1.22	£2.42	£3.65	£4.85	£7.27
		Monthly	£5.30	£10.50	£15.80	£21.00	£31.50
	Partner premiums	Weekly	£1.83	£3.63	£5.47	£7.27	£10.90
		Monthly	£7.95	£15.75	£23.70	£31.50	£47.25
<b>Everyday health &amp; wellbeing</b> <i>Looking after you everyday</i>	<b>Optical</b> <sup>100%</sup> <i>Including sight tests, glasses and contact lenses</i>		£45	£75	£120	£150	£220
	<b>Dental</b> <sup>100%</sup> <i>Including check ups and routine treatment. Private or NHS</i>		£50	£85	£125	£170	£220
	<b>Chiropody</b> <sup>100%</sup>		£25	£50	£75	£100	£125
	<b>Professional Therapy</b> <sup>100%</sup> <i>Including physiotherapy, osteopathy, chiropractic, acupuncture, homeopathy, hypnotherapy and reflexology</i>		£55	£110	£160	£200	£300
<b>Prevention &amp; fast diagnosis</b> <i>For a healthy future</i>	<b>Specialist Consultation &amp; Tests</b> <sup>100%</sup> <i>Including MRI scans, X-rays and reclaiming of PMI excess</i>		£120	£180	£250	£335	£425
	<b>Health Screening</b> <sup>100%</sup> <i>Including Well-man / Well-woman, mammography and heart disease screening</i>		£50	£100	£150	£200	£250
	<b>Lifestyle Assessment</b> <i>Online assessment and personal coaching accessed via our website</i>		✓	✓	✓	✓	✓
<b>Professional support</b> <i>We're here for you</i>	<b>Paycare EAP</b> <i>Confidential counselling and helpline service                      Unlimited telephone support 24/7                      Up to 6 face to face counselling sessions (if required)</i>		✓	✓	✓	✓	✓
	<b>GP 24/7</b> <i>Unlimited telephone support                      Virtual surgery via our mobile app <sup>NEW</sup>                      Worldwide cover                      Private prescription service <sup>NEW</sup></i>		✓	✓	✓	✓	✓
	<b>Redundancy Premium Protection</b> <i>Free cover (for up to 6 months) in the event of redundancy</i>		✓	✓	✓	✓	✓
<b>Rewards</b>	<b>Paycare Perks</b> <sup>NEW</sup> <i>Online employee discount scheme giving access to hundreds of high street, leisure and health and fitness discounts. Accessed via our website.</i>		✓	✓	✓	✓	✓
<b>Additions</b>	<b>Additional benefit(s)</b> <i>Including cover for Wellbeing &amp; Alternative Therapy, Inoculation / Vaccination and Personal Accident Cover</i>	Please refer to your Welcome Pack for details of your additional company benefit. This benefit is not available for partners and / or children.					

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
- ✓ Immediate benefit
- ✓ Annual benefit allowance

## Helpline



### Paycare Counselling & 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 24 hours a day. And what's more, if required, we will also cover the cost of up to 6 face to face counselling sessions, to help get you back on track.

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

## GP 24/7



### The Paycare GP 24/7 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!

Whether you want to speak to a doctor during your coffee break or need medical support in the middle of the night, 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 **0845 222 5749** or download the GP 24/7 app at [paycare.gpsurgery.uk.com](http://paycare.gpsurgery.uk.com)

## 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 to 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](http://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 The Validium Group Ltd.  
Paycare's GP 24/7 service is provided by Medical Solutions Ltd. 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.