

IRISH LIFE HEALTH

"Our vision in Irish Life Health is 'Helping People Live Healthier Lives'. That's why we offer money back on benefits like Nutritionists/ Dietitians; Fitness Wearables; Life Coaching; Gym membership and many more to keep members healthy.

On selected plans Irish Life Health members can claim a contribution towards the cost of attending a Nutritionist who is registered with the Nutritional Therapists of Ireland. See below a list of these plans with their corresponding level of cover. This will give you a clear outline of the cover from Irish Life Health and NTOI member practitioners."

PLAN NAME	PERSONALISED PACKAGE	BENEFIT	CONTRIBUTION
4D Health 1	N/A	Nutritionist	€30 x 7 combined visits
4D Health 1	You Extra	Dietician or Nutritionist	€25 x 2 visits
4D Health 1	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
4D Health 2	N/A	Nutritionist Visits	50% x 12 combined visits
4D Health 2	You Extra	Dietician or Nutritionist	€30 x 2 visits
4D Health 2	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
4D Health 3	N/A	Nutritionist Visits	50% x 12 combined visits
4D Health 3	You Extra	Dietician or Nutritionist	€30 x 3 visits
4D Health 3	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
4D Health 4	N/A	Nutritionist Visits	50% x 12 combined visits
4D Health 4	You Extra	Dietician or Nutritionist	€30 x 3 visits
4D Health 4	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
4D Health 5	N/A	Nutritionist Visits	50% x 12 combined visits
4D Health 5	You Extra	Dietician or Nutritionist	€30 x 3 visits
4D Health 5	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
BeneFit	N/A	Dietician or Nutritionist Consultation	€50 contribution
BeneFit 1	N/A	Dietician or Nutritionist Consultation	€30 contribution
BeneFit 2	N/A	Dietician or Nutritionist Consultation	€40 contribution
Best Smart ILH	N/A	Nutritionist	€25 x 8 combined visits
Best Smart ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Best Smart ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Best Smart ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Best Ultimate 2 ILH	N/A	Nutritionist	50% x 13 combined visits
Best Ultimate 2 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Best Ultimate 2 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Best Ultimate 2 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Best Ultimate Active ILH	N/A	Nutritionist	50% x 13 combined visits
Best Ultimate Active ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits

Best Ultimate Active ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Best Ultimate Active ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Better Active ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Better Active ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Better Active ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Better Advantage ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Better Advantage ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Better Advantage ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Better ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Better ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Better ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Better Select ILH	N/A	Nutritionist	€25 x 5 combined visits
Better Select ILH	You Extra	Dietician or Nutritionist	€30 x 3 visits
Better Select ILH	Fertility Extra	Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
Better Ultra ILH	N/A	Nutritionist	50% x 13 combined visits
Better Ultra ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Better Ultra ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Better Ultra ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Day to Day Most	N/A	Nutritionist	€25 x 5 combined visits
Net More 100 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net More 100 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net More 100 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Net More 300 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net More 300 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net More 300 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Net More 500 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net More 500 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net More 500 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Net Most 100 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net Most 100 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net Most 100 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Net Most 300 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net Most 300 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net Most 300 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Net Most 500 ILH	Family And Kids Health	Child Nutritionist	€25 x 3 visits
Net Most 500 ILH	Complementary Therapy	Nutritionist or Dietician	€25 x 3 visits
Net Most 500 ILH	Women's And Men's Health	Nutritionist or dietician	€25 x 3 visits
Nurture Plan ILH	N/A	Child nutritionist	€25 x 2 visits
Nurture Plus ILH	N/A	Child nutritionist	€25 x 2 visits