

4work+

Your company paid health cash plan



Paycare

Everyday Health Cover since 1874

100%

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

Everyday health & wellbeing

Looking after you everyday

Optical ^{100%}

Including sight tests, glasses and contact lenses

Dental ^{100%}

Including check ups and routine treatment. Private or NHS

Professional Therapy ^{100%}

Including physiotherapy, osteopathy, chiropractic, acupuncture, chiropody, homeopathy, hypnotherapy and reflexology, **with the exception of chiropody where claims are limited to half the total annual limit**

Specialist Consultation & Tests ^{100%}

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

Inoculation / Vaccination

Including flu jabs

Health Screening ^{100%}

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

Lifestyle Assessment

Online assessment and personal coaching accessed via our website

Paycare EAP

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

GP 24/7

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)

Redundancy Premium Protection

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

Rewards

Paycare Perks

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

ENTRY
LEVEL

LEVEL
1

LEVEL
2

£7.31
per month

£14.54
per month

£29.08
per month

£60

£120

£240

£60

£120

£240

£120

£240

£480

£120

£240

£480

£30

£30

£30

£50

£100

£200



Up to £10,000



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, except chiropody.

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**

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**

Personal Accident Cover

Personal Accident Cover is available as part of your Paycare plan, covering disablement and major fractures up to £10,000. For full details of what can be claimed, please refer to your Policy Documents and Personal Accident Cover table.

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 that you are made redundant, subject to qualifying criteria.

The Paycare Employee Assistance Programme is provided by The Valdium 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.