

# Let's talk menopause

Menopause is a natural process that all women go through. It can be a life-challenging, stressful event for many women and can have a significant impact on your day-to-day life.

Let us help you live your life to the fullest during this time whilst still getting the expert medical support you need. Here is a quick guide to some of the key benefits to help you navigate your own personal peri-menopause and menopause journey.



Want to check which benefits are available on your plan?  
Simply log in to your online account or call us on 01 562 5100

## Your key menopause benefits



### GP visits

Many of our plans give cover towards your day-to-day GP costs. Check-in with your GP and get their guidance and advice on how best to manage your personal menopause journey.



### Consultant fees

Need more specialised advice? Get cover towards a range of Specialists and Consultants across Ireland, who can help you manage the varied symptoms of menopause and support your personal needs.



### Physio

Physiotherapy can be a great support in helping you manage certain menopause symptoms. Your physiotherapist can analyse the effects of these symptoms on your body and advise on some non-invasive treatment options like exercise therapy and manual therapy.



### Other day to day expenses

Need a blood test? Been referred for a scan? We've got you covered. We offer a range of benefits to support you in managing the symptoms of peri-menopause and menopause.



### Dietician or Nutritionist

You are what you eat! Get expert advice on how a healthy diet can help reduce your menopausal symptoms, maintain bone density, and reduce your risk of heart disease.



### MyLife app\*\*

A personalised health and wellbeing app that inspires you to lead a healthier and more active life.



### Digital Doctor\*\*\*\*

Receive unlimited consultations with a GP. Get guidance and advice from a fully qualified GP via phone, anytime\*\*\* from anywhere. We also have an online video service available Monday to Sunday, 8am to 10pm. Sometimes our doctors might refer you for a further face-to-face consultation and you may have trouble getting to see your GP. If this happens as an Irish Life Health member, you can now get a next-day\*\*\*\* in-person appointment with a GP at one of up to 66 Centric Health clinics nationwide.



### Nurse-on-Call\*

24/7 access to specially trained nurses. They are on hand to support you with menopause symptom management, and your physical and mental wellbeing.



### Healthy Minds\*

Suddenly started to feel anxious and stressed? Ongoing support for your mental wellbeing is essential during menopause and we have a team of counsellors available 24/7 to listen and give you practical advice and guidance. We may also cover Psychotherapy and counselling should you need a little extra support at certain times (subject to benefits available on your plan).



### Complementary therapies

We understand that different treatments work for different people. So we offer cover for a range of complementary therapies including Acupuncture, Homeopathy, and Reflexology.



### Female Health Consultation\*\*\*\*\*

Get direct access to GPs who have a special interest and experience in female health for in-depth video consultations from anywhere.

\* Terms and conditions apply. Healthy Minds is provided by Telus Health and is available on all hospital plans. Healthy Minds gives you access to a dedicated counselling and advisory service, via telephone or webchat, and access to an online portal which provides self-assessment tools and content (for members aged 16 years and over). If your telephone counsellor deems it clinically appropriate, up to 6 counselling sessions may be arranged through Telus Health via phone or video call, or in-person (for members aged 18 years and over). Please see your Table of Cover and Membership Handbook for details. Terms & conditions apply. Nurse on call is provided by Healix Medical Partnership LLP and available on selected plans. Please see your Table of Cover and Membership Handbook for details.

\*\* MyLife is provided by Irish Life Financial services & is not a regulated financial service.

\*\*\* Excluding Christmas Day.

\*\*\*\* Terms, conditions and data charges may apply. Digital Doctor is available on all plans (except the VIGO plan) and is provided by Centric Health. This service is not intended to replace your usual GP, it is designed for episodic, once-off conditions and not for ongoing care. Where Centric Health offers an in-person follow-up appointment, these services are subject to availability and not covered under the Digital Doctor benefit. Where you have GP cover on your plan, you may be able to claim back all or part of the cost. Appointments are subject to availability of service and individual clinic opening hours. Services are not available on weekends and bank holidays. This service is primarily intended for those who do not have an existing GP or can't access their own GP. Please see your Table of Cover and Membership Handbook for details.

\*\*\*\*\* Where this benefit is available on your plan, we will provide a contribution towards a video consultation booked with an Irish based Centric Health GP who is a specialist in female health. We will pay Centric Health directly up to the amount detailed for the number of visits listed on your Table of Cover. You will be required to provide payment details for the remaining amount at the time of booking. Centric Health will take payment 48 hours before your scheduled appointment and once payment is taken it is non-refundable. This amount cannot be claimed against any other benefit on your plan, including your GP visits benefit, as you cannot claim for the same medical expenses twice. The female health specialist GP may recommend additional follow-on services, such as blood tests, scans, or visits to other allied health professionals. These follow-on services are not covered under this benefit, but you may have cover on your plan under another benefit listed on your Table of Cover. This service is not suitable for emergencies or urgent conditions as this may delay your treatment. Where a member is under the age of 18, it is necessary for an adult dependent on the policy to book the consultation on their behalf. Depending on the nature of the presenting issue, the GP may request the presence of a parent or guardian for those under the age of 18.