

Your Vhi Benefits & Services





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Introduction



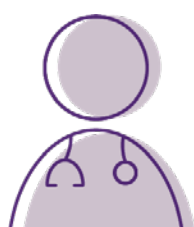
Digital Health



Vhi 360 Network



Managing Your Membership



Clinical & Medical



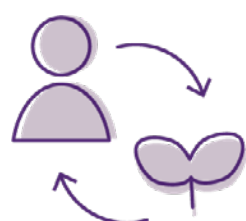
Contact Us



Fertility & Maternity



Terms & Conditions



Wellness

At Vhi, we're constantly evolving to support our members and patients through their healthcare journey from proactive health to access to the latest drugs, technology and services.

This brochure is your quick guide to the range of benefits & services available to you; ensuring you and your family get the most from your Vhi health insurance policy.

Don't forget, you can view your policy information including your **Table of Benefits** in your MyVhi account.



[Vhi.ie/MyVhi](https://vhi.ie/MyVhi)



**Download the
Vhi Mobile Health
Assistant App**



App Store



Google Play

Next ▼

Vhi 360 Network

Clinical Call Centre

If you have a minor illness or any viral symptoms, please call us first, as a telephone consultation with a Vhi doctor or nurse may be more appropriate. If your illness can't be treated over the phone, you may be directed to your nearest Vhi 360 Health Centre for an in-person consultation.

Alternatively, you can call us if you would like more information on our locations or need to book one of the services listed below.

 **01 448 2450**

 **vhi.ie/360health**



Vhi 360 Health Centres

The services available in our health centres include:

Urgent Care

For the treatment of minor injuries and minor illnesses, 365 days a year.

Access: Walk-in

Location: Dublin (Carrickmines & Swords), Limerick (Raheen) & Cork (Mahon)

HealthCheck

A health check based on your life stage.

Access: Call 056 775 3010 to make an appointment

Location: Dublin (Dundrum), Cork (Mahon) & Galway (Headford Road)

[See more on Health Centres here](#) ▼

Diagnostics including X-Ray & MRI

Access: By referral from Vhi 360 or your GP

Location: **X-Ray:** Dublin (Carrickmines & Swords), Limerick (Raheen) & Cork (Mahon)

MRI: Dublin (Carrickmines)

Physio

Access: By referral from Vhi 360

Location: Dublin (Carrickmines & Dundrum), Limerick (Raheen) & Cork (Mahon)



General Paediatric Clinic

For the treatment of non-urgent childhood issues.

Access: Call 01 619 7529 to make an appointment

Location: Dublin (Carrickmines)

Developmental Paediatric Clinic

For the assessment, diagnosis & management of childhood developmental issues.

Access: By referral from your GP

Location: Dublin (Carrickmines)

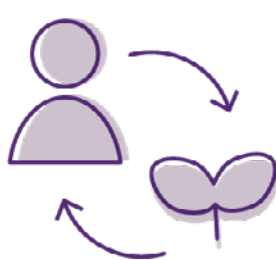
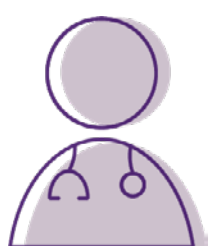
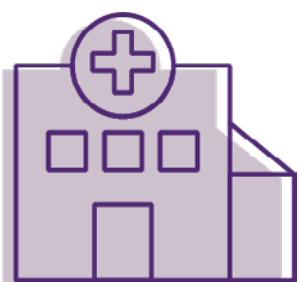
Dermatology Clinic

Treatment for conditions including moles, acne and psoriasis.

Access: Book an appointment through the Vhi app, or call our partners AllView Healthcare on 01 224 8111.

Location: Nationwide

If follow-up treatment is required you may be referred to the Vhi Dermatology Clinic in Carrickmines.



Clinical & Medical

Vhi Hospital@Home

A consultant-led service that allows suitable patients, with prior approval, to leave hospital earlier and continue certain treatments from the comfort of their own home under the care of our nurses and doctors. Areas covered: Dublin, Galway, Kildare, Meath and most of Louth, Wexford and Wicklow.



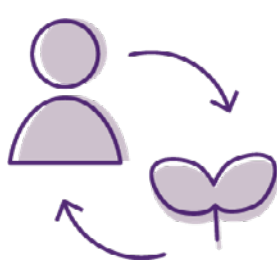
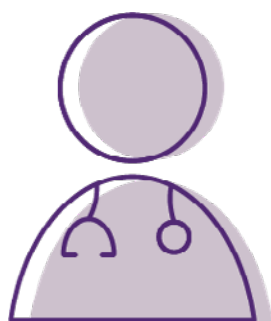
 **01 403 9474**

 **vhi.ie/members**

Second Opinion

Lets you have your medical case assessed by a physician who will provide you with an expert second opinion.

 **vhi.ie/members**



Fertility & Maternity

Vhi Fertility Programme

A range of fertility benefits designed to help you at every stage of your journey. You have access to clinics located throughout the country.



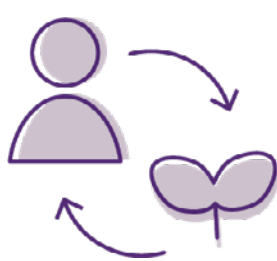
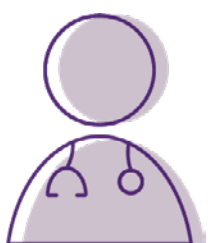
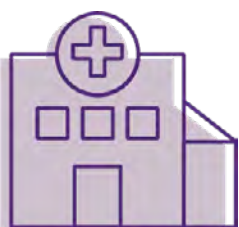
vhi.ie/fertility

Vhi Midwife Support Service

Our dedicated midwife team are here to support you at all stages of your pregnancy journey. Your personal midwife will provide 3 antenatal and 4 postnatal phone or video consultations at a time that suits you best. And if you'd like, you can have one of your postnatal consultations in-person in selected Vhi 360 Health Centres. Log in to the Vhi App to register.



Vhi Mobile Health Assistant App



Wellness

Vhi Employee Assistance Programme (EAP)



Around the clock access, 365 days a year, to confidential counselling – via phone, video or face-to-face sessions.

Please check your Table of Benefits for more information on the EAP cover available to you.

 **1800 995 957**

Calm or Headspace

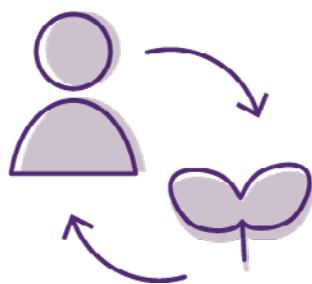
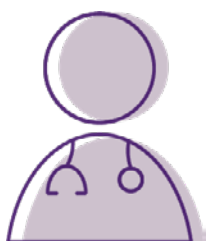
Develop a daily mindfulness practice to help with better sleep, lower anxiety and decrease stress to help your mental health. Vhi offers €30 off an annual subscription to either Calm or Headspace.



vhi.ie/emotional-wellbeing

Vhi Wellness Programme

Access to a range of talks across areas such as fitness, nutrition, mental health, sleep and preventative health. We will be in touch with you throughout the year about our upcoming wellness events and initiatives.



Digital Health

Vhi Mobile Health Assistant App

Key features:

- Vhi Snap&Send Claiming
- Access Online Health Team
- Access Vhi 360 Services
- Access Cover Check
- Join parkrun Rewards



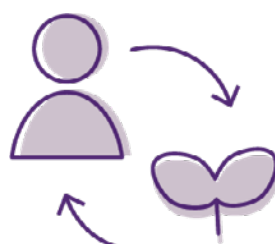
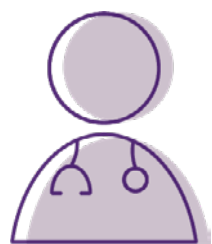
Vhi Mobile Health Assistant App

Online Health Team

Access to expert clinical care from the comfort of your own home. Services available include Nurse, GP, Dietician, Physio and Speech & Language Therapy.



Vhi Mobile Health Assistant App



Managing Your Membership

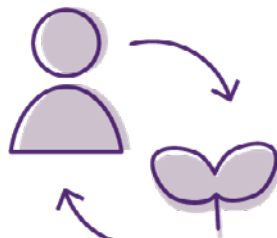
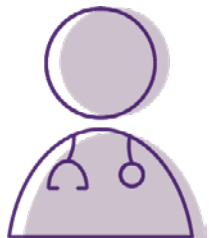
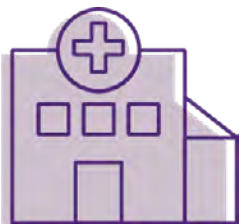
MyVhi

An online portal giving you quick and easy access to your policy details. Key features:

- My Dashboard: an easy way to view and manage your membership, claims and policy details
- Vhi Snap&Send Claiming
- Digital Membership Card



vhi.ie/MyVhi

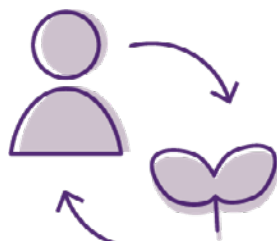
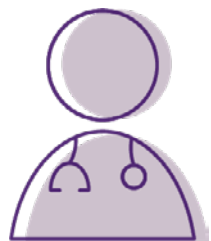
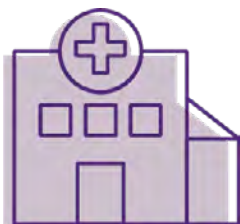


Contact Us

You have access to a Vhi advisor who can answer any questions you may have.

 **056 777 5800**

The line is open weekdays from 8am-7pm and on Saturdays from 9am-3pm.



Terms & Conditions

Private Medical Insurance

Annual excesses and maximums, per member, per year apply on day-to-day medical expenses. Benefit limitations per visit may apply on day-to-day medical expenses. Some exclusions may apply.



Please note that this document is issued as a guide only and does not form part of a contract. Full details of cover are included in the Rules of Membership and Table of Benefits. You will receive a copy of the Table of Benefits on joining or renewing. You may request a copy of the rules at any time or you can view them on [Vhi.ie/downloads](https://vhi.ie/downloads). All Private Medical Insurance benefits are applicable as of scheme renewal date.



vhi.ie/downloads

Vhi Healthcare DAC trading as Vhi Healthcare is regulated by the Central Bank of Ireland. Vhi Healthcare is tied to Vhi Insurance DAC for health insurance in Ireland.

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