

**Vhi + PayPal
Benefits and
Services**



Vhi has moved beyond insurance to a membership that gives you more. That means giving you and your family access to specialist clinics and care that's only available to our members.

This benefits and services brochure is your quick guide to getting the most from your Vhi health insurance policy.

Don't forget, you can view your policy information including your Table of Benefits for Vhi PMI 26 12 in your Vhi.ie/MyVhi account anytime.

[Click here to get started](#) 

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What's new for 2021?

Health Insurance

- 'Second Opinion' - lets you have an expert second opinion on your medical case
- 50% cover up to €1,000 per treatment for IUI, and, IVF or ICSI (twice per lifetime)
- €100 back on fertility tests
- €50 back on up to 5 fertility counselling sessions
- €250 back on a child developmental assessment (once per lifetime)
- €25 co-payment for visits to Vhi SwiftCare Clinics
- €45 back on up to 7 psychotherapy visits
- €30 back on an annual subscription to the Calm or Headspace app
- Direct access to supports from our clinical experts, like Physiotherapists and Dieticians with Online Health Team
- Employee Extras in the Vhi Mobile Health Assistant App

[Terms and conditions apply](#) 

Wellness

Employee Assistance Programme (EAP)

Around the clock access, 365 days a year, to confidential counselling and information services – both face-to-face and via telephone to assist in coping with personal, work, financial or legal issues.

Log-in to the 'Vhi Mobile Health Assistant' app

Calm or Headspace

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

Visit vhi.ie/emotional-wellbeing >

Vhi Wellness Programme

Our wellness programme is designed to help you to live a longer, stronger & healthier life. Based on taking a holistic view of your health, we help you to look after your physical, emotional, social, spiritual, financial wellbeing and more. It's all about proactive health management - there are a range of benefits and services available and we encourage you to get involved in the activities throughout the year!

Pregnancy & Paediatric Care

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.

Visit vhi.ie/fertility >

One-to-One Midwife

New and expectant parents can have ongoing telephone access to a dedicated midwife and paediatric nurse, who work closely together to provide education and practical advice.

Call 046 907 7374 to register. Have your policy number to hand.

Midwife Support at Home

A dedicated midwife is available to you in the comfort of your own home. Your personal midwife will provide for 1 antenatal and 2 postnatal 45 minute phone or video consultations.

Log-in to the 'Vhi Mobile Health Assistant' app

Vhi Paediatric Clinic

Parents can spend less time worrying with fast access to a paediatrician through the Vhi Paediatric Clinic. Dedicated only to Vhi health insurance customers, the clinic is located in Dundrum with no referral needed.

Visit vhi.ie/members/paediatrician >

Beats Medical App

Empowering the parents of kids with Dyspraxia/DCD, Vhi is making Beats Medical's innovative and fun new digital therapy app more accessible with an exclusive discount for members.

Visit vhi.ie/dyspraxia >

Clinical & Medical Services

Vhi SwiftCare Clinics

Dedicated only to Vhi health insurance customers, you have rapid access to urgent care for minor injuries and illnesses.

- Unlimited Vhi SwiftCare Clinic visits with a €25 co-payment (includes initial consultation and follow up treatment)
- State-of-the-art facilities & medical expertise
- On site x-ray & consultant led injury clinics
- Open 365 days a year

Clinics in Dundrum, Swords and Mahon, Cork

Log-in to the 'Vhi Mobile Health Assistant' app

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.

Visit vhi.ie/hospital@home >
Call 01 403 9474

Second Opinion

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

Visit vhi.ie/members >

Digital Health

Vhi Online Doctor

Fully integrated in the Vhi app, you can book an appointment and speak to a doctor face-to-face.

This convenient service is available daily* from 7.30am- 10pm if you're worried about a health issue, need medical advice or simply need a prescription.

*Excludes Christmas Day.

Log-in to the 'Vhi Mobile Health Assistant' app

Vhi NurseLine 24/7

A 24 hour, 365 days a year telephone and online support service if you are worried about any medical condition and need to talk to someone.

Call 046 907 7374

Managing Your Membership

Vhi Mobile Health Assistant App

Key features:

- Manage your medical ID and policy details
- Access your Employee Extras information all in one place
- Claim cash back on day-to-day medical expenses via Vhi Snap&Send
- Access 'Symptom Checker' and 'My Team' including NurseLine 24/7 and Online Doctor
- Find your nearest Vhi SwiftCare Clinic
- Contact your Claims and Policy Teams

Log-in to the 'Vhi Mobile Health Assistant' app

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 and policy details
- Vhi Snap&Send Claiming
- Digital Membership Card

Log-in to vhi.ie/myvhi >

Vhi Snap&Send Claiming

Claim cash back for a range of day-to-day medical expenses including:

- €30 back for up to 30 visits on a range of day-to-day medical expenses
- €75 back for up to 25 Consultant visits
- €30 back on up to 25 dental visits
- €30 back on up to 25 physiotherapy visits
- €100 back on STI screening
- €100 back on travel vaccinations

Log-in to the 'Vhi Mobile Health Assistant' app

Meet your new Occupational Health Team

Your Occupational Health Team will work in partnership with PayPal and with you, to help resolve any issues in work that may have an adverse impact on your health. Your Occupational Health Team promise a service that is professional, confidential, integrated, and supportive.

The team are looking forward to working with you and supporting you throughout the year.



Dr Deirdre Gleeson
Occupational Health Physician

Dr Deirdre Gleeson graduated from Trinity College, Dublin and completed her vocational training in General Practice. She completed the specialist registrar-training program with The Faculty of Occupational Medicine of The Royal College of Physicians in Ireland in 2004 and is now a Fellow of the Faculty.

Dr Gleeson has a special interest in occupational injury case management, sickness absence assessment and all aspects of fitness for work.



Tina Lynskey
Occupational Health Advisor

Tina is a Registered General Nurse and holds a Master's Degree in Occupational Health and Hygiene from NUIG, with almost 20 years experience working in occupational health. She is also a certified First Aid Responder, Cardiac First Responder and is certified in Mental Health First Aid.

Tina has a keen interest in the areas of case management, health promotion and employee wellness.

Vhi - PayPal Concierge Line

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

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

Call +3531 650 2690



Terms and conditions

Private Medical Insurance

Annual excesses and maximums, per member, per year 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 which you will receive on joining or renewing. Alternatively, you may request a copy of the rules at any time. All benefits are applicable as of the scheme renewal date, 1st February 2021.

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 which is underwritten by Vhi Insurance DAC.

Employee Extras is delivered by Vhi Health and Wellbeing. It is not an insurance product regulated by the Central Bank of Ireland.