



Your Optimise Health Plan

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Your Simply Health Plan

Did you know that you can save money on everyday healthcare costs with our Bright Futures Simply Health benefit. Get money back on dental check-ups and treatment, eye tests and prescription glasses, physiotherapy treatments, alongside 24/7 access to GP and counselling services – to name just a few.

It can all be done via the SimplyPlan App, where you can claim your money back simply by uploading a photo of your receipt, track how much you're entitled to, and access GP and counselling services. It couldn't be simpler.

Healthy eyes and teeth	Amount you can claim
Eye care - Covers eye tests (including retina scans), prescription contact lenses and glasses	£60
Dental - Covers check-ups with dentists and hygienist appointments, as well as treatments like fillings	£60
Dental accident - You're always covered for dental accidents - wherever you are in the world	£200
Healthy body	
Muscles, bones and joints - Includes physiotherapy, osteopathy, chiropractic and acupuncture	£150
Foot care - Includes chiropody, podiatry or reflexology	£25
Health checks	
Diagnostics - Includes consultant appointments, diagnostic tests and scans, plus GP-referred blood tests	£250
Health assessment - Check indicators like blood pressure, cholesterol levels, diabetes risk, BMI and body fat percentage	£50
Private GP / dietitian / vaccination - Includes GP appointments, dietitian consultations and vaccinations	£75
Prescriptions - Claim towards the costs of both NHS and private prescriptions	£15
Healthy extras	
Hospital - A contribution towards expenses from hospital stays (up to 20 days or nights) which can help cover costs like meals for visitors, travel and parking	£20
New child payment (6 month qualifying period) - A contribution towards starting or growing your family, including adoption	£200
24/7 GP* - Speak to a GP 24 hours a day, 7 days a week, through our app or via the telephone	24 hours a day / 7 days a week
Discounted gym* - Choose from over 2,000 gyms across the UK and save up to 25% on gym membership	✓
24/7 access to counselling and advice helpline* - Access mental health support, financial support and legal assistance with trained specialists at any time	24 hours a day / 7 days a week
Worldwide cover - Travel with peace of mind that you're covered	✓

*These services can be accessed via our myWellbeing platform. Additional services are also available.

