



Welcome to BHSF's Health & Wellbeing Plan

Spread out the cost of essential healthcare, such as trips to the dentist or the optician. Also included are four preventative digital solutions to help you stay healthy:

- ♡ Digital dentistry
- ♡ Digital physiotherapy assessment and support
- ♡ Digital eye screening
- ♡ Digital skin cancer screening

Your employer is funding **Base Level for you.**

Please see overleaf for the complete list of benefits available to you.



Benefits available to you on Base Level

	Maximum per Insured Person per Policy Year
	Base level
	Claim 100% of the cost back, up to the stated maximum
Dental	£40
Dental Trauma	£100
Optical	£40
Therapies Combined maximum benefit	£100
Complementary and Alternative Therapies Combined maximum benefit	£50
Chiropody and Podiatry	£50
Health Screening	£50
Prescription Charges	£10
Inoculations and Flu Vaccinations	£10
Diagnostic Consultations	£150
Ear Wax Removal	£50
Diagnostic Scans Policyholder only	Cover for MRI, CT and PET Scans
GP helpline and private prescription service	Access to a GP whenever you need it 24/7 Providing confidential access to a qualified registered GP, 24/7, 365 days a year offering diagnosis, advice and reassurance on a range of medical matters. The GP can also provide a private electronic prescription.
Counselling and support helpline	Confidential support helpline available 24/7 Confidential access to fully qualified counsellors and support specialists to discuss any emotional, personal, or work-related issues 24/7, 365 days a year.
Digital physiotherapy assessment and support Adult only benefit	Assess any musculoskeletal condition in minutes and get faster access to the right care, including, where appropriate, supported self-management.
Digital dentistry	Access to a qualified registered Dentist on demand offering support, advice and reassurance on a range of medical matters. Dentists can also authorise a private electronic prescription.
Digital eye screening Adult only benefit	Access an online eye screening test, that checks vision, astigmatism, visual field and contrast sensitivity, colour vision and depth perception to provide you an indication of your vision and eye health.
Digital skin cancer screening Adult only benefit	Quickly and easily scan a skin spot and receive an assessment and recommendation in minutes. Detects the signs of most common skin cancers.
Health, fitness and wellbeing discounts	Discounts on health, fitness, and wellbeing essentials. Access discounted membership rates across the UK's largest network of gyms, studios, fitness centres and sports clubs as well as savings on home and digital fitness.
Online Discounts	Access offers, discounts and savings from top retailers across the UK. Savings on attractions and days out, high street retail stores, leisure, travel, eating out as well as a range of reloadable gift cards.

Call us on 0121 454 3601 if you have any questions.

The amounts shown are maximum benefits payable every Policy Year unless otherwise stated. Benefits are payable at an equal rate for each insured adult unless otherwise stated. Where benefit is provided for children*, the maximum amount shown above is shared among all children insured under the policy. All benefits are subject to BHSF policy terms: copies available on request. *Children can be covered on the personal or family levels up to the age of 21, or 24 if in full-time education, provided they permanently reside with the policyholder.