



Healthcare Plans for you and your family  
Valid from 1st November 2019

# BENEFIT *Guide*

# Welcome

You and your family can depend on Allianz Care, as your international health insurer, to give you access to the best care possible.

This guide has two parts: "How to use your cover" is a summary of all important information you are likely to use on a regular basis. "Terms and conditions of your cover" explains your cover in more detail.

To make the most of your international healthcare plan, please read this guide together with your Insurance Certificate and Table of Benefits.

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## TERMS AND CONDITIONS OF YOUR COVER

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# HOW TO USE YOUR COVER



# SUPPORT SERVICES

We believe in providing you with the top-quality service that you deserve.

In the following pages we describe the full range of services we offer. Read on to discover what is available to you, from our MyHealth Digital Services to the Expat Assistance Programme.

## Talk to us, we love to help!

Our multilingual Helpline is available 24 hours a day, 7 days a week, to handle any questions about your policy or if you need assistance in an emergency.

### Helpline

☎ Phone: **+353 1 630 1301**  
For our latest list of toll-free numbers, please visit:  
[www.allianzcare.com/toll-free-numbers](http://www.allianzcare.com/toll-free-numbers)

@ Email: [client.services@allianzworldwidecare.com](mailto:client.services@allianzworldwidecare.com)

☎ Fax: **+353 1 630 1306**

*Did you know...*

...that most of our members find that their queries are handled quicker when they call us?

## MyHealth Digital Services

Our MyHealth Digital Services gives you easy and convenient access to your cover, no matter where you are or what device you are using.

### MyHealth app and online portal features:

#### MY POLICY

Access your policy documents and membership card on the go.

#### MY CLAIMS

Submit your claims in 3 simple steps and view your claims history.

#### MY CONTACTS

Access our 24/7 Helpline.

### MyHealth app additional features:

- **Symptom checker:** Get a quick and easy assessment of your symptoms
- **Find a hospital:** Locate medical providers nearby and get GPS directions
- **Pharmacy Aid:** Look up the local equivalent names of branded drugs
- **Medical term translator:** Translate names of common ailments into 17 languages
- **Emergency contact:** access local emergency numbers worldwide

Most features are available offline but you must be online to submit a claim and use some health services.

### MyHealth online portal additional features:

- Update your details online: email, phone number, password, address (if it's the same country as the previous address), marketing preferences etc.
- View the remaining balance of each benefit which is in your Table of Benefits
- Pay your premium online and view payments received
- Add or change your credit card details

All personal data within MyHealth Digital Services is encrypted for data protection.

## Getting started:



Login to MyHealth online portal to register. Go to <https://my.allianzcare.com/myhealth>, click on “REGISTER HERE” near the bottom of the page and follow the on-screen instructions.



Once setup, you can use the email (username) and password you provided during registration to login to MyHealth online portal, or go further and setup the MyHealth app too. The same login details are used for both and in the future, if you change login details for one, it will automatically apply to the other. You don't need to change them in both places.



To download the MyHealth app, search for “Allianz MyHealth” on the Apple App Store or Android's Google Play service.

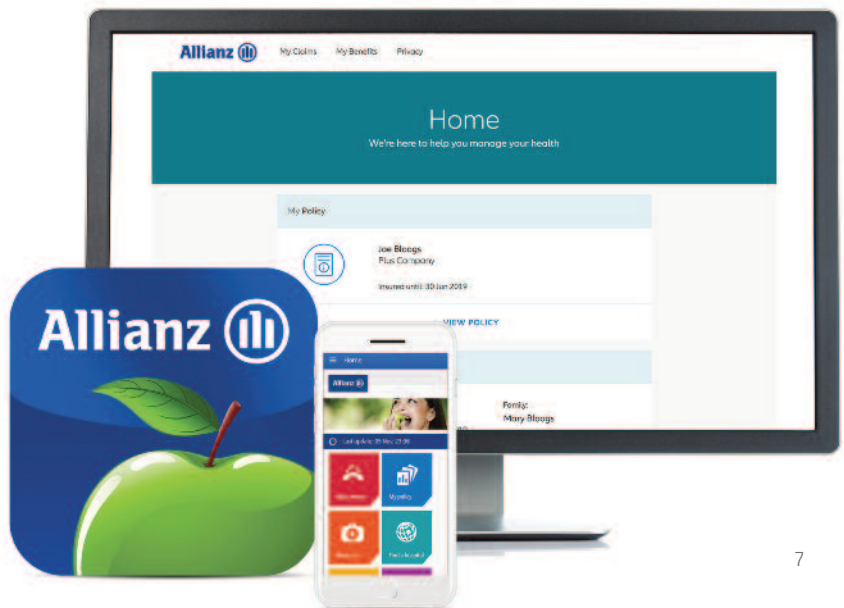


Once installed, follow the on-screen instructions and enter your policy number when prompted. The MyHealth app will ask you for the email (username) and password you provided earlier. Simply enter these details and follow the on-screen instructions.



Set your PIN – finally, set your own unique PIN number. In the future, this PIN number will be all you need to access the Allianz MyHealth app and all its features.

For more information, please visit [www.allianzcare.com/en/myhealth.html](http://www.allianzcare.com/en/myhealth.html)



## Web-based services


On [www.allianzcare.com/members](http://www.allianzcare.com/members) you can:

- Search for medical providers. You are not restricted to using the providers listed in our directory
- Download forms
- Access our BMI calculator
- Access our Health Guides

## Medi24

Medi24 is a medical advice service provided by an experienced medical team. It provides information and advice on a wide range of topics, including blood pressure and weight management, infectious diseases, first aid, dental care, vaccinations, cancer, disability, speech, fertility, paediatrics, mental health and general health.

Medi24 is available 24/7 in English, German, French and Italian.

 **+44 (0) 208 416 3929**

Remember - for policy or cover-related queries (e.g. benefit limits or the status of a claim), please contact our Helpline.





## Expat Assistance Programme (EAP)

When challenging situations arise in life or at work, our Expat Assistance Programme provides you and your dependants with immediate and confidential support. EAP, where provided, is shown in your Table of Benefits.

This professional service is available 24/7 and offer multilingual support on a wide range of challenges, including:

- Work/Life balance
- Family/Parenting
- Relationships
- Stress, depression, anxiety
- Workplace challenges
- Cross-cultural transition
- Cultural shock
- Coping with isolation and loneliness
- Addiction concerns

Support services include:



### CONFIDENTIAL PROFESSIONAL COUNSELLING

Receive 24/7 support with a clinical counsellor through live online chat, face to face, phone, video or email.



### CRITICAL INCIDENT SUPPORT

Receive immediate critical incident support during times of trauma or crisis. Our wide-ranging approach provides stabilization and reduces stress associated with incidents of trauma or violence.



### LEGAL AND FINANCIAL SUPPORT SERVICES

Whether it's help buying a home, handling a legal dispute or creating a comprehensive financial plan, we offer consultations to help you answer questions and reach your goals.




### ACCESS TO THE WELLNESS WEBSITE


Discover online support, tools and articles for help and advice on health and wellbeing.



### LET US HELP:

 **+1 905 886 3605**

This is not a free phone number. However, local phone numbers may be available. The full list of our 'Worldwide Access Numbers' is available at:

 **[www.workhealthlife.com/AWCExpatri](http://www.workhealthlife.com/AWCExpatri)**  
(available in English, French and Spanish)

*Your calls are answered by an English-speaking agent, but you can ask to talk to someone in a different language. If an agent is not available for the language you need, we will organise interpreter services.*

*The EAP is made available by Morneau Shepell Limited, subject to your acceptance of our terms and conditions. You understand and agree that AWP Health & Life SA – Irish Branch and/or AWP Health & Life Services Limited are not responsible or liable for any claim, loss or damage directly or indirectly resulting from your use of EAP services.*



## Travel Security Services

As the world continues to witness an increase in security threats, Travel Security Services offer 24/7 access to personal security information and advice for your travel safety queries - via phone, email or website. Your Table of Benefits shows whether your plan includes these services.

You can access:



### EMERGENCY SECURITY ASSISTANCE HOTLINE

Talk to a security specialist for any safety concerns associated with a travel destination



### COUNTRY INTELLIGENCE AND SECURITY ADVICE

Security information and advice about many countries



### DAILY SECURITY NEWS UPDATES AND EMAIL TRAVEL SAFETY ALERTS

Sign up and receive alerts about high-risk events in or near your current location, including terrorism, civil unrest and severe weather risks

To access the travel security services, please contact us:

+44 207 741 2185

This is not a free phone number

[allianzcustomerenquiries@worldaware.com](mailto:allianzcustomerenquiries@worldaware.com)

<https://my.worldaware.com/awc>

Register by entering your policy number (shown in your Insurance Certificate)

Download 'TravelKit' app from App store or Google Play.



*All Travel Security Services are provided in English. We can arrange for you to use an interpreter where required.*

*Travel Security Services are made available by WorldAware Ltd, subject to your acceptance of our Terms and Conditions. You understand and agree that AWP Health & Life SA – Irish Branch and/or AWP Health & Life Services Limited are not responsible or liable for any claim, loss or damage directly or indirectly resulting from your use of the Travel Security Services.*

# Allianz HealthSteps

## First Steps towards a healthier life

Did you know that by maintaining a healthy lifestyle, you may reduce the risk of developing medical conditions? The Allianz HealthSteps app was designed to give personalised guidance and help you reaching your health and fitness goals. By connecting to smart phones, wearable devices and other apps, HealthSteps monitors the number of steps taken, calories burned, sleep schedule and more. Your Table of Benefits shows whether HealthSteps is included in your plan.

### HealthSteps features:



#### PLAN

Choose a health goal and use the action plans to adopt and maintain good health habits:

- Lose Weight
- Improve posture
- Sleep better
- Healthy eating
- Get moving & energised
- Stay healthy
- Body shape change
- Reduce stress
- Lower blood pressure



#### CHALLENGES

Join monthly challenges and get encouragement from other HealthSteps users by sharing your performance and competing against each other on group challenges. These challenges are based on steps, calories and distance.



#### PROGRESS

Connect with popular health and activity trackers and monitor your progress against goals you set for yourself.



#### LIBRARY

Access articles and get tips and advice on how to live and maintain a healthy life.

Download the "Allianz HealthSteps" app from App store or Google Play



*HealthSteps is provided by a third party provider outside of the Allianz Group. It is made available to you subject to your acceptance of our terms and conditions. It is also subject to AWP Health & Life Services Limited terms as they appear on our HealthSteps app. You understand and agree that AWP Health & Life SA (Irish Branch) and AWP Health & Life Services Limited are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of the above named services.*



# COVER OVERVIEW

Here is a summary of your health cover.

## What am I covered for?

You are covered for all the benefits listed in your Table of Benefits. We generally cover pre-existing conditions (including pre-existing chronic conditions) unless we say otherwise in your policy documents. If in doubt, please see the “Notes” section of your Table of Benefits to confirm if pre-existing conditions are covered.

## Where can I receive treatment?

You can receive treatment in any country within your area of cover, as shown in your Insurance Certificate.

If the treatment you need is available locally but you choose to travel to another country in your area of cover, we will reimburse all eligible medical costs incurred within the terms of your policy; except for your travel expenses.

If the eligible treatment is not available locally, and your cover includes “Medical evacuation”, we will also cover travel costs to the nearest suitable medical facility. To claim for medical and travel expenses incurred in these circumstances, you will need to complete and submit the Treatment Guarantee Form before travelling.

You are covered for eligible costs incurred in your home country, provided that your home country is in your area of cover.

## What are benefit limits?

Your cover may be subject to a maximum plan benefit. This is the maximum we will pay in total for all benefits included in the plan. Although many benefits included in your Table of Benefits are covered in full, some are capped to a specific amount (e.g. €30,000). This specific amount is a benefit limit.

For further information on benefit limits please see the ‘Benefit limits’ section of this guide.



## Is your family growing?

Are you getting married or having a baby? Congratulations!

You can request to add your spouse or partner to the policy by simply completing our Application Form, available at:

 [www.allianzcare.com/application](http://www.allianzcare.com/application)

To add a newborn child to your policy, simply send an email to our underwriting team, including a copy of the birth certificate. You should send your request within four weeks of the date of birth, to ensure that the child is accepted for cover without medical underwriting and for cover to start from birth.

For further information on how to add dependants, including important information on how to add multiple babies, adopted and foster children, please see the 'Adding dependants' section of this guide.

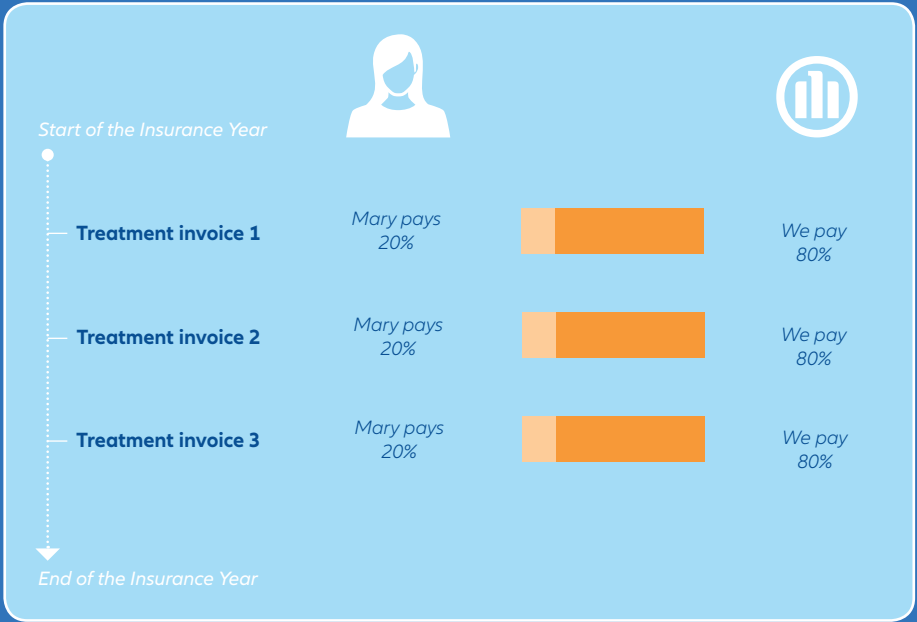
Following acceptance, we will issue a new Insurance Certificate to reflect the addition of a dependant. This new certificate will replace any earlier version(s) you may have from the start date shown on it.



# What are deductibles and co-payments?

Some plans and benefits may be subject to a deductible or co-payments or both. Your Table of Benefits will show whether this applies to your plan.

A **co-payment** is when you pay a percentage of the medical costs. In the following example, Mary requires several dental treatments throughout the year. Her dental treatment benefit has a 20% co-payment, which means that we will pay 80% of the cost of each eligible treatment.



The total amount payable by us may be subject to a maximum plan benefit limit.

A **deductible** is a fixed amount you need to pay towards your medical bills per period of cover before we begin to contribute. In the following example, John needs to receive medical treatment throughout the year. His plan includes a €450 deductible.



■ Insurer contribution  
■ Insured person contribution

# SEEKING TREATMENT?

We understand that seeking treatment can be stressful. Follow the steps below so we can look after the details – while you concentrate on getting better.

## Check your level of cover

First, check that your plan covers the treatment you are seeking. Your Table of Benefits will confirm what is covered. However, you can always call our Helpline if you have any queries.

## Some treatments require pre-authorisation

Your Table of Benefits will show which treatments require pre-authorisation (via a Treatment Guarantee Form). These are mostly in-patient and high cost treatments. The Treatment Guarantee process helps us assess each case, organise everything with the hospital before your arrival and make direct payment of your hospital bill easier, where possible.

## Getting in-patient treatment

(pre-authorisation applies)



Download a Treatment Guarantee Form from our website:  
[www.allianzcare.com/members](http://www.allianzcare.com/members)



Complete the form and send it to us at least **five working days before** treatment. You can send it by email, fax or post to the address shown on the form.



We contact the hospital to organise payment of your bill directly, where possible.

*We can also take Treatment Guarantee Form details over the phone if treatment is taking place within 72 hours. Please note that we may decline your claim if Treatment Guarantee is not obtained. For full details of our Treatment Guarantee process, see the 'Terms and Conditions' section of this guide.*



### *If it's an emergency:*

Get the emergency treatment you need and call us if you need any advice or support. If you are hospitalised, either you, your doctor, one of your dependants or a colleague needs to call our Helpline (**within 48 hours** of the emergency) to inform us of the hospitalisation. We can take Treatment Guarantee Form details over the phone when you call us.

## Claiming for your out-patient, dental and other expenses

If your treatment does not require pre-authorisation, you can simply pay the bill and claim the expenses from us. In this case, follow these steps:



Receive your medical treatment and pay the medical provider



Get an invoice from your medical provider

*This should state your name, treatment date(s), the diagnosis/medical condition that you received treatment for, the date of onset of symptoms, the nature of the treatment and the fees charged.*



Claim back your eligible costs via our MyHealth app or online portal ([www.allianzcare.com/en/myhealth](http://www.allianzcare.com/en/myhealth)).

*Simply enter a few key details, take a photo of your invoice(s) and press 'submit'.*

Please refer to “Medical Claims” in the Terms and Conditions section of this guide for more information about our claims process.



### Quick claim processing

Once we have all the information required, we can process and pay a claim within 48 hours. However, we can only do this if you have told us your diagnosis, so please make sure you include this with your claim. Otherwise, we will need to request the details from you or your doctor.

We will email or write to you to let you know when the claim has been processed.







## Evacuations and repatriations

At the first indication that you need medical evacuation or repatriation, please call our 24 hour Helpline and we will take care of it. Given the urgency, we would advise you to phone if possible. However, you can also contact us by email. If emailing, please write 'Urgent – Evacuation/Repatriation' in the subject line.

Please contact us before talking to any providers, even if they approach you directly, to avoid excessive charges or unnecessary delays in the evacuation. In the event that evacuation/repatriation services are not organised by us, we reserve the right to decline the costs.

☎ +353 1 630 1301

@ [medical.services@allianzworldwidecare.com](mailto:medical.services@allianzworldwidecare.com)





## Seeking treatment in the USA

### To find a provider

If you have worldwide cover and are looking for a provider in the USA, go to:

 [www.allianzcare.com/olympus](http://www.allianzcare.com/olympus)

### For more information or an appointment

If you have a query about a medical provider, or if you have selected a provider and wish to arrange an appointment, please call us.

 **(+1) 800 541 1983**  
(toll-free from the USA)



### **For a prescription**

You can apply for a discount pharmacy card, which you can use for any prescription that is not covered by your plan. To register and obtain your discount pharmacy card, simply go to the following website and click on "Print Discount Card":

 <http://members.omhc.com/awc/prescriptions.html>





**TERMS AND  
CONDITIONS  
OF YOUR  
COVER**



# TERMS AND CONDITIONS

**This section describes the standard benefits and rules of your health insurance policy.**

Your health insurance policy is an annual contract between us and the insured person(s) named on the Insurance Certificate. The contract is made up of:

- The **Benefit Guide** (this document), which explains the standard benefits and rules of your health insurance policy. It should be read together with your Insurance Certificate and Table of Benefits.
- The **Insurance Certificate**. This states the plan(s) chosen, the start date and renewal date of the policy (and effective dates of when dependants were added), and the geographical area of cover. If any other terms apply which are specific to your cover, these will be stated in the Insurance Certificate. They will also have been detailed on a Special Conditions Form which we send you before you're placed on cover. We'll send you an updated Insurance Certificate if you request a change which we accept, such as adding a dependant, or if we apply a change that we're entitled to make.
- The **Table of Benefits**. This shows the plan(s) selected, the benefits available to you, and states which benefits/treatments require submission of a Treatment Guarantee Form. It also confirms any benefits where specific benefit limits, waiting periods, deductibles and/or co-payments apply.
- Information provided to us by (or on behalf of) the insured person(s) in the signed Application Form, submitted Online Application Form, Confirmation of Health Status Form or others (we'll refer to all of these collectively as the "relevant application form") or other supporting medical information.

# YOUR COVER EXPLAINED

**The plans that you selected are indicated in your Table of Benefits, which lists all the benefits you are covered for and any limits that apply. For an explanation of how your benefit limits apply to your plan, please see the section “Benefit limits”.**

Your benefits are also subject to:

- Policy definitions and exclusions (also available • in this guide).
- Any special conditions shown on your Insurance Certificate (and on the Special Condition Form issued before the policy comes into effect, where relevant).

## What we cover

- The scope of what’s covered in your policy is set out on your Table of Benefits, Insurance Certificate, any policy endorsements, these policy terms and conditions and any other legal requirements. We will reimburse medical costs arising from the occurrence or worsening of a medical condition, in accordance with your Table of Benefits and individual terms and conditions.
- Within the scope of your policy, you are covered for medical treatment, costs, services or supplies that:
  - We determine to be medically necessary, appropriate for the patient’s condition, illness or injury.
  - Have a palliative, curative and/or diagnostic purpose.
  - Are performed by a licensed doctor, dentist or therapist.

Costs will be covered if they are reasonable and customary, this means that they are usual within the country of treatment. We will only reimburse medical providers where their charges are reasonable and customary and in accordance with standard and generally accepted medical procedures. If we consider a claim is inappropriate, we reserve the right to reduce or decline the amount we will pay.

- This policy does not cover any medical costs or benefit if doing so would violate any applicable sanction, law or regulations of the United Nations, European Union or any other applicable economic or trade sanction, law or regulations.

## When cover starts

When you receive your Insurance Certificate, this is our confirmation that you’ve been accepted onto the policy. It will confirm the start date of your cover. Please note that no benefit will be payable under your policy until the initial premium has been paid, with subsequent premiums being paid when due.

If any of your dependants are included in your policy, they will be listed in the Insurance Certificate, along with the start date of their cover. They can remain on cover as long as you are the policyholder and as long as any children remain under the defined age limit. Children can stay on your policy until the day before their 18th birthday; or until the day before their 24th birthday if they are in full time education. After that point, they can apply for their own policy.



## Benefit limits

The Table of Benefits shows two kinds of benefit limits:

- The **maximum plan benefit** (which applies to certain plans) is the maximum we will pay for all benefits in total, per member, per Insurance Year, under that particular plan.
- Some benefits also have a **specific benefit limit**, which may be provided on a “per Insurance Year” basis, on a “per lifetime” basis or on a “per event” basis (such as per trip, per visit or per pregnancy). In some instances, in addition to the benefit limit, we will only pay a percentage of the costs for the specific benefit e.g. “65% refund, up to £4,150/€5,000/US\$6,750/CHF 6,500”.

The amount we refund is subject to the maximum plan benefit (if one applies to your plan), even where:

- a specific benefit limit applies
- or where the term “Full refund” appears next to the benefit.

All limits are per member and per Insurance Year, unless your Table of Benefits states otherwise.

If you’re covered for maternity benefits, these will be stated in your Table of Benefits along with any benefit limit and/or waiting period which applies. Maternity benefits are paid on either a “per pregnancy” or “per Insurance Year” basis. Your Table of Benefits will confirm this.

### **If your maternity benefits are payable on a “per pregnancy” basis**

When a pregnancy spans two Insurance Years and the benefit limit changes at policy renewal, the following rules apply:

- In year one – the benefit limits apply to all eligible expenses.
- In year two – the updated benefit limits apply to all eligible expenses incurred in the second year, less the total benefit amount already reimbursed in year one.
- If the benefit limit decreases in year two and we have already paid up to or over this new amount for eligible costs incurred in year one, we will pay no additional benefit in year two.

For multiple-birth babies born as a result of medically assisted reproduction, in-patient treatment is limited to £24,900/€30,000/US\$40,500/CHF39,000 per child for the first three months following birth. Out-patient treatment is paid under the terms of the Out-patient Plan.

# CLAIMS AND TREATMENT GUARANTEE PROCESS



## Medical claims

Before submitting a claim to us, please pay attention to the following points:

- **Claiming deadline:** You must submit all claims (via our MyHealth app or online portal) no later than six months after the end of the Insurance Year. If cover is cancelled during the Insurance Year, you should submit your claim no later than six months after the date that your cover ended. After this time, we are not obliged to settle the claim.
- **Claim Submission:** You must submit a separate claim for each person claiming and for each medical condition being claimed for.
- **Supporting documents:** When you send us copies of supporting documents (e.g. medical receipts), please make sure you keep the originals. We have the right to request original supporting documents/receipts for auditing purposes up to 12 months after settling your claim. We may also request proof of payment by you (e.g. a bank or credit card statement) for medical bills you have paid. We advise that you keep copies of all correspondence with us as we cannot be held responsible for correspondence that fails to reach us for any reason outside of our control.
- **Deductibles:** If the amount you are claiming is less than the deductible figure in your plan, you can either:
  - Collect all out-patient receipts until you reach an amount that exceeds this deductible figure.
  - Send us each claim every time you receive treatment. Once you reach the deductible amount, we'll start reimbursing you.

Attach all supporting receipts and/or invoices with your claim.

- **Currency:** Please specify the currency you wish to be paid in. On rare occasions, we may not be able to make a payment in that currency due to international banking regulations. If this happens, we will identify a suitable alternative currency. If we have to make a conversion from one currency to another, we will use the exchange rate that applied on the date the invoices were issued, or on the date that we pay your claim.  
Please note that we reserve the right to choose which currency exchange rate to apply.
- **Reimbursement:** we will only reimburse (within the limit of your policy) eligible costs after considering any Treatment Guarantee requirements, deductibles or co-payments outlined in the Table of Benefits.
- **Reasonable and customary cost:** We will only reimburse charges that are reasonable and customary in accordance with standard and generally accepted medical procedures. If we consider a claim to be inappropriate, we reserve the right to decline your claim or reduce the amount we pay.
- **Deposits:** If you have to pay a deposit in advance of any medical treatment, we will reimburse this cost only after treatment has taken place.
- **Providing information:** You and your dependants agree to help us get all the information we need to process a claim. We have the right to access all medical records and to have direct discussions with the medical provider or the treating doctor. We may, at our own expense, request a medical examination by our doctors if we think it's necessary. All information will be treated confidentially. We reserve the right to withhold benefits if you or your dependants do not support us in getting the information we need.



## Claims for accidental death

If the “Accidental death” benefit is included in your healthcare plan, the claim must be reported to us within 90 working days following the date of death of the insured person.

Please send us:

- A fully completed Life and Accidental Death Benefit Application Form.
- A death certificate.
- A medical report indicating the cause of death.
- A written statement outlining the date, location and circumstances of the accident.
- Official documentation proving the insured person’s family status (i.e. whether they are married or have children).
- For the beneficiaries, proof of identity as well as proof of their relationship to the insured person.

Beneficiaries are, unless otherwise specified by the insured:

- The insured person’s spouse or partner, if not legally separated.
- If there is no spouse, the insured person’s surviving children including step-children, adopted or foster children and children born less than 300 days after the date of the insured person’s death; in equal shares among them.
- If there are no children, the insured person’s father and mother, in equal shares between them, or to the survivor if one parent has died.
- Failing any of the above, the insured person’s estate.

If you wish to nominate a beneficiary other than those listed above, please contact our Helpline.

Please note that if the insured person and one or all of the beneficiaries die in the same incident, the insured person will be considered the last deceased.

## Treatment needed as a result of someone else’s fault

If you are claiming for treatment that you need when somebody else is at fault, you must write and tell us as soon as possible. For example, if you need treatment following a road accident in which you are a victim. Please take any reasonable steps we ask of you to obtain the insurance details of the person at fault. We can then recover from the other insurer the cost of the treatment paid for by us. If you are able to recover directly the cost of any treatment which we have paid for, you will need to repay that amount (and any interest) to us.

## Treatment Guarantee

Some of the benefits available to you need pre-authorisation. These are usually marked with a 1 or a 2 in your Table of Benefits. To get pre-authorisation, please send us a Treatment Guarantee Form.

Here are the treatments/benefits which normally need pre-authorisation. This may vary depending on your cover, so please check your Table of Benefits to confirm:

- All in-patient benefits<sup>1</sup> listed (where you need to stay overnight in a hospital)
- Day-care treatment<sup>2</sup>
- Expenses for one person accompanying an evacuated/repatriated person<sup>2</sup>
- Kidney dialysis<sup>2</sup>
- Long term care<sup>2</sup>
- Medical evacuation<sup>2</sup> (or repatriation<sup>2</sup>, where covered)
- MRI (Magnetic Resonance Imaging) scan. Treatment Guarantee is only needed for MRI scans if you wish us to settle your bill directly with the hospital.
- Nursing at home or in a convalescent home<sup>2</sup>
- Occupational therapy<sup>2</sup> (only out-patient treatment requires pre-authorisation)
- Oncology<sup>2</sup> (only in-patient or day-care treatment requires pre-authorisation)
- Out-patient surgery<sup>2</sup>
- Palliative care<sup>2</sup>
- PET<sup>2</sup> (Positron Emission Tomography) and CT-PET<sup>2</sup> scans
- Preventative surgery<sup>2</sup>
- Rehabilitation treatment<sup>2</sup>
- Repatriation of mortal remains<sup>2</sup>
- Routine maternity<sup>2</sup>, Routine delivery and newborn care<sup>2</sup>, complications of pregnancy and childbirth<sup>2</sup> (only in-patient treatment requires pre-authorisation)
- Travel costs of insured family members in the event of an evacuation<sup>2</sup> (or repatriation, where covered)
- Travel costs of insured family members in the event of the repatriation of mortal remains<sup>2</sup>.
- Travel costs to another Channel Island, the UK or to France<sup>2</sup>

Using the Treatment Guarantee Form helps us to settle your bill directly with hospitals, clinics and other medical facilities.

If you make a claim without obtaining Treatment Guarantee, the following will apply:

- If the treatment received is subsequently proven to be medically unnecessary, **we reserve the right to decline your claim.**
- For the benefits listed with a **1 in your Table of Benefits**, **we reserve the right to decline your claim.** If the treatment is subsequently proven to be medically necessary, we will pay **80%** of the benefit.
- For the benefits listed with a **2 in your Table of Benefits** **we reserve the right to decline your claim.** If the treatment is subsequently proven to be medically necessary, we will pay **50%** of the benefit.

# PAYING PREMIUMS

Premiums for each Insurance Year are based on each member's age on the first day of the Insurance Year, their region of cover, the policyholder's country of residence, the premium rates in effect and other risk factors which may materially affect the insurance.

By accepting cover you have agreed to pay the premium amount shown on your quotation, by the payment method stated. You need to pay us in advance for the duration of your cover. The **initial premium** or first premium instalment is payable immediately after we accept your application. **Subsequent premiums** are due on the first day of the chosen payment period. You may choose between monthly, quarterly, half-yearly or annual payments depending on the payment method you choose. When you receive your invoice, please check that the premium matches the amount shown on your agreed quotation and contact us immediately if there is any difference. We are not responsible for payments made through third parties.

Your premium should be paid in the currency you selected when applying for cover. If you are unable to pay your premium for any reason, please contact us on:

 [+353 1 630 1301](tel:+35316301301)

Changes in payment terms can be made at policy renewal, via written instructions, which must be received by us a minimum of 30 days prior to the renewal date. Failure to pay an initial premium or subsequent premium on time may result in loss of insurance cover.

If the initial premium is not paid in time, we are entitled to withdraw from the contract for as long as the payment remains outstanding. The insurance contract is deemed to be null and void unless we assert a claim to the premium in court within three months of the commencement date, the policy start date or the conclusion of the insurance contract. If a subsequent premium is not paid in time, we may, in writing and at the policyholder's expense, set a time limit of not less than two weeks for the policyholder to pay the amount due. Thereafter, we may terminate the contract in writing with immediate effect and will thereby be exempt to pay benefits.

The effects of termination will cease if the policyholder makes a payment within one month after the termination or, if the termination was combined with the setting of a time limit, within one month after the expiration of the time for payment, provided that no claims have been incurred in the intervening period.

## Paying other charges

If applicable, you may also need to pay the following taxes in addition to your premium:

- Insurance Premium Tax (IPT)
- VAT
- Other taxes, levies or charges relating to your cover that we may have to pay or collect from you by law

These charges may already be in effect when you join but they could be introduced (or change) afterwards. Your invoice will show these taxes. If they change or if new taxes are introduced, we will write to inform you.

In some countries you may also be required to apply withholding tax. If that is the case, it is your responsibility to calculate and pay this amount to the relevant authorities in addition to payment of your full premium to us.



# ADMINISTRATION OF YOUR POLICY

## Adding dependants

You may apply to include any member of your family as a dependant by completing the relevant application form.

### *How do I add a newborn to my policy?*

Please send an email to [underwriting@allianzworldwidecare.com](mailto:underwriting@allianzworldwidecare.com) within four weeks from birth and attach the birth certificate. We will accept the baby without medical underwriting if the birth parent or intended parent (in the case of surrogacy) has been insured with us for a minimum of eight continuous months. Cover will start at birth.

### *What happens if I don't notify you within four weeks?*

A newborn child will be underwritten and if accepted, cover will start from the date of acceptance.

### *What if I am adding multiple birth babies, adopted and fostered children?*

Multiple birth babies, adopted and fostered children will be underwritten and if accepted, cover will start from the date of acceptance. Plus, in-patient treatment of multiple-birth babies born as a result of medically assisted reproduction is limited to £24,900/€30,000/US\$40,500/CHF39,000 per child for the first three months following birth. Out-patient treatment is paid within the terms of the Out-patient Plan.

## Changes to policyholder

If a request is made at renewal to change the policyholder, the proposed replacement policyholder will need to complete an application form and full medical underwriting will apply. Please refer to the section on "Death of the policyholder or a dependant" if the requested change is due to the death of the policyholder.

## Death of the policyholder or a dependant

We hope you will never need to refer to this section; however, if a policyholder or a dependant dies, please inform us in writing within 28 days.

If the policyholder dies, the policy will be terminated and a pro rata repayment of the current year's premium will be made if no claims have been filed. We may request a death certificate before a refund is issued. Alternatively, if they wish to, the next named dependant on the Insurance Certificate can apply to become the policyholder and keep the other dependants on their policy. If they apply to do this within 28 days, we will, at our discretion, not add any further special restrictions or exclusions that didn't already apply at the time of the policyholder's death.



If a dependant dies, they will be taken off the policy and a pro rata repayment of the current year's premium for that person will be made, if no claims have been filed. We may request a death certificate before a refund is issued.

## Changing your level of cover

If you want to change your level of cover, please get in touch with us before your policy renewal date to discuss your options. Changes to cover can only be made at policy renewal. If you want to increase your level of cover, we may ask you to complete a medical history questionnaire and/or to agree to certain exclusions or restrictions to any additional cover before we accept your application. If an increase in cover is accepted, an additional premium amount will be payable and waiting periods may apply.

## Changing country of residence

It is important to let us know when you change your country of residence. This may affect your cover or premium, even if you are moving to a country within your geographical area of cover, as your existing plan may not be valid there. Cover in some countries is subject to local health insurance restrictions, particularly for residents of that country. It is your responsibility to ensure that your health cover is legally appropriate. If you are not sure, please get independent legal advice, as we may no longer be able to cover you. The cover we provide is not a substitute for local compulsory health insurance.

## Changing your postal address or email address

We will send all correspondence to the address we have on record for you unless requested otherwise. You need to inform us in writing as soon as possible of any change in your home, business or email address.

## Correspondence

When you write to us, please use email or post (with the postage paid). We do not usually return original documents to you, but if you ask us to, we will.

## Renewing your cover

Subject to "Reasons your membership would end", your policy will automatically renew at the end of every Insurance Year, if:

- The plan or plan combination selected is still available
- We can still provide cover in your country of residence
- All premiums due to us have been paid
- The payment details we have for you are still valid on the policy renewal date. Please update us if you get a new/replacement credit card or if your bank account details have changed.

As part of this automatic process, one month before the renewal date, you will receive a new Insurance Certificate along with details of any policy changes. If you don't receive your Insurance Certificate one month before your renewal date, please notify us.

## Changes that we may apply at renewal

We have the right to apply revised policy terms and conditions, effective from the renewal date. The policy terms and conditions and the Table of Benefits that exist at renewal will apply for the duration of the Insurance Year. We may change the premium, benefits and rules of your membership on your renewal date, including how we calculate/determine premiums and/or the method or frequency of payment. These changes will only apply from your renewal date, regardless of when the change is made and we will not add any restrictions or exclusions which are personal to a member's cover in relation to medical conditions that started after their policy's inception, provided that they gave us the information we asked them for before incepting and they have not applied for an increase in their level of cover.

We will write to tell you about any changes. If you do not accept any of the changes we make, you can end your membership and we will treat the changes as not having been made if you end your membership within 30 days of the date on which the changes take effect, or within 30 days of us telling you about the changes, whichever is later.

## Your right to cancel

You can cancel the contract in relation to all insured persons, or only in relation to one or more dependants, within 30 days of receiving the full terms and conditions of your policy or from the start/renewal date of your policy, whichever is later. Please note that you cannot backdate the cancellation of your membership.

Should you wish to cancel, please complete the "Right to change your mind" form which was included in your welcome/renewal pack. This form can be sent to us via email to:

@ [underwriting@allianzworldwidecare.com](mailto:underwriting@allianzworldwidecare.com)

Alternatively, you can post this form to the Client Services Team, using the address provided at the back of this guide.

If you cancel your contract within this 30 day period, you will be entitled to a full refund of the cancelled member(s) premiums paid for the new Insurance Year, provided that no claims have been made. If you choose not to cancel (or amend) your policy within this 30 day period, the insurance contract will be binding on both parties and the full premium owing for the selected Insurance Year will be due for payment, according to the payment frequency selected by you.

## Reasons your membership would end

Please remember that your membership (and that of all the other people listed on the Insurance Certificate) will end:

- If you do not pay any of your premiums on, or before, the date they are due. However, we may allow your membership to continue without you having to complete a Confirmation of Health Status Form, if you pay the outstanding premiums within 30 days after the due date.
- If you do not pay the amount of any IPT, taxes, levies or charges that you have to pay under your agreement with us on or before the due date.
- Upon the death of the policyholder. Please see the section on “Death of the policyholder or a dependant” for further details.
- If there is reasonable evidence that the policyholder or any dependants misled or attempted to mislead us. Examples are: giving false information, withholding pertinent information from us, working with another party to give us false information - either intentionally or carelessly - which may influence us when deciding:
  - whether we accept the application for cover
  - the applicable premium to pay
  - whether we have to pay a claim

Please see the section on “The following terms also apply to your cover” for further details.

- If you choose to cancel your policy, after giving us written notice within 30 days of receiving the full terms and conditions or from the start/renewal date of your policy, whichever is later. Please see section on “Your right to cancel” for further details.

If your membership ends for reasons other than for fraud/non-disclosure, we will refund any premiums you have paid which relate to a period after your membership has ended, subject to the deduction of any money which you owe us.

Please note that if your membership ceases, your dependant’s cover will also end.

## Policy expiry

Please note that upon the expiry of your policy, your right to reimbursement ends. For up to six months after the expiry date, we will reimburse any eligible expenses incurred during the period of cover. However, we will no longer cover any on-going or further treatment that is required after the expiry date of your policy.

# THE FOLLOWING TERMS ALSO APPLY TO YOUR COVER

## 1. **Applicable law:**

- **If you live in the European Economic Area:** Your policy is governed by the laws and courts of your country of residence, unless otherwise required by law.
- **If you live outside of the European Economic Area:** Your policy is governed by the laws and courts of Ireland, unless otherwise required by law.

**2. Economic sanctions:** Cover is not provided if any element of the cover, benefit, activity, business or underlying business violates any applicable sanction law or regulations of the United Nations, the European Union or any other applicable economic or trade sanction law or regulations.

**3. The amounts we will pay:** Our liability to you is limited to the amounts indicated in the Table of Benefits and any policy endorsements. The amount reimbursed, whether under this policy, public medical scheme or any other insurance will not exceed the figure stated on the invoice.

**4. Who can make changes to your policy:** No one, except an appointed representative is allowed to make changes to your policy on your behalf. Changes are only valid when confirmed in writing by us.

**5. When cover is provided by someone else:** We may decline a claim if you or any of your dependants are eligible to claim benefits from:

- A public scheme
- Any other insurance policy
- Any other third party

If that is the case, you need to inform us and provide all necessary information. You and the third party cannot agree any final settlement or waive our right to recover expenses without our prior written agreement. Otherwise, we are entitled to get back from you any amount we have paid and to cancel your cover.

We have the right to claim back from a third party any amount we paid for a claim, if the costs were due from or also covered by them. This is called subrogation. We may take legal proceedings in your name, at our expense, to achieve this.

We will not make a contribution to any third-party insurer if the costs are fully or partly covered by that insurer. However, if our plan covers a higher amount than the other insurer, we'll pay the amount not covered by them.

**6. Circumstances outside our control (force majeure):** We will always do our best for you, but we are not liable for delays or failures in our obligations to you caused by things which are outside of our reasonable control. Examples are extremely severe weather, floods, landslides, earthquakes, storms, lightning, fire, subsidence, epidemics, acts of terrorism, outbreaks of military hostilities (whether or

not war is declared), riots, explosions, strikes or other labour unrest, civil disturbances, sabotage and expropriation by governmental authorities.

## **7. Fraud:**

- a) The information you and your dependants give us, e.g. on the Application Form or supporting documents, needs to be accurate and complete. If it isn't correct or if you don't tell us about things that may affect our underwriting decision, it may invalidate your policy from the start date. You also need to tell us about any medical conditions that arise between completing the Application Form and the start date of the policy. Medical conditions that you don't tell us about will most likely not be covered. If you're not sure whether certain information is relevant to underwriting, please call us and we'll be able to clarify that. If the contract is rendered void due to incorrect disclosure or non-disclosure of any material facts, we will refund the premium amount(s) paid to date minus the cost of any medical claims already paid. If the cost of claims exceeds the balance of the premium, we will seek reimbursement of this amount from the principal member.
- b) We will not pay any benefits for a claim if:
- The claim is false, fraudulent or intentionally exaggerated.
  - You or your dependants or anyone acting on your or their behalf use fraudulent means to obtain benefit under this policy.

The amount of any claim we paid to you before the fraudulent act or omission was discovered will become immediately owing to us. If the contract is rendered void due to false, fraudulent, intentionally exaggerated claims or if fraudulent means/devices have been used, premium will not be refunded, in part or in whole, and any pending claims settlements will be forfeited. In the event of fraudulent claims, the contract will be cancelled from the date of our discovery of the fraudulent event.

- 8. Cancellation:** We will cancel the policy where you have not paid the full premium due and owing. We shall notify you of this cancellation and the contract shall be deemed cancelled from the date that the premium payment became due and payable. However, if the premium is paid within 30 days after the due date, the insurance cover will be reinstated and we will cover any claims which occurred during the period of delay. If the outstanding premium is paid after the 30-day limit, you must complete a Confirmation of Health Status Form before your policy can be reinstated, subject to underwriting.
- 9. Making contact with dependants:** In order to administer your policy, we may need to request further information. If we need to ask about one of your dependants (e.g. when we need to collect an email address for an adult dependant), we may contact you as the person acting on behalf of the dependant, and ask you for the relevant information, provided it is not sensitive information. Similarly, for the purposes of administering claims, we may send you non-sensitive information that relates to a family member.
- 10. Use of Medi24:** The Medi24 advice line and its health-related information and resources is extremely helpful, but it's not a substitute for professional medical advice or for the care that you receive from your doctor. It is not intended to be used for medical diagnosis or treatment and you should not rely on it for that purpose. Always seek the advice of your doctor before beginning any new treatment or if you have any questions about a medical condition. We are not responsible or liable for any claim, loss or damage directly or indirectly resulting from your use of Medi24 or the information or services provided by them. Calls to Medi24 will be recorded and may be monitored for training, quality and regulatory purposes.

# DATA PROTECTION

Our Data Protection Notice explains how we protect your privacy and process your personal data. You must read it before sending us any personal data. To read our Data Protection Notice visit:

 [www.allianzcare.com/en/privacy](http://www.allianzcare.com/en/privacy)

Alternatively, you can contact us on the phone to request a paper copy.

 [+353 1 630 1301](tel:+35316301301)

If you have any queries about how we use your personal data, please email us at:

 [AP.EU1DataPrivacyOfficer@allianz.com](mailto:AP.EU1DataPrivacyOfficer@allianz.com)






# COMPLAINTS AND DISPUTE RESOLUTION PROCEDURE

Our Helpline is always the first number to call if you have any comments or complaints. If we can't resolve the problem on the telephone, please email or write to us at:

 +353 1 630 1301

 [client.services@allianzworldwidecare.com](mailto:client.services@allianzworldwidecare.com)

 Customer Advocacy Team, Allianz Care, 15 Joyce Way, Park West Business Campus, Nangor Road, Dublin 12, Ireland.

We will handle your complaint according to our internal complaint management procedure. For details see:

 [www.allianzcare.com/complaints-procedure](http://www.allianzcare.com/complaints-procedure)

You can also contact our Helpline to obtain a copy of this procedure.

## Mediation

1. Any differences in respect of medical opinion in connection with the results of an accident or medical condition must be notified to us within nine weeks of the decision. Such differences will be settled between two medical experts appointed by you and us in writing.
2. If differences cannot be resolved in accordance with Clause 1 above, the parties will attempt to settle by mediation in accordance with the Centre for Effective Dispute Resolution (CEDR) Model Mediation Procedure any dispute, controversy or claim arising out of or relating to this Agreement or the breach, termination or invalidity thereof where the value is €500,000 or less and which cannot be settled amicably between the parties. The parties will endeavour to agree on the appointment of an agreed Mediator. If the parties fail to agree the appointment of an agreed Mediator within 14 days, either party, upon written notice to the other party, may apply to CEDR for the appointment of a Mediator.

To initiate the mediation, a party must give notice in writing (Alternative Dispute Resolution (ADR) Notice) to the other Party to the dispute, requesting mediation. A copy of the request should be sent to CEDR. The mediation will start no later than 14 days after the date of the ADR notice. No Party may commence court proceedings/arbitration relating to any dispute pursuant to this Clause 2 until it has attempted to settle the dispute by mediation and either the mediation has terminated or the other Party has failed to participate in the mediation (provided that the right to issue proceedings is not prejudiced by a delay). The mediation will take place in the country of the Applicable Law. The Mediation Agreement referred to in the Model Procedure will be governed by, and construed and take effect in accordance with the laws of the country of the Applicable Law. The Courts of the country of the Applicable Law will have exclusive jurisdiction to settle any claim, dispute or matter of difference which may arise out of, or in connection with, the mediation.



3. Any dispute, controversy or claim which is:

- Arising out of or relating to this Agreement (or the breach, termination or invalidity thereof) with a value in excess of €500,000, or
- Referred to mediation pursuant to Clause 2 but not voluntarily settled by mediation within three months of the ADR Notice date

will be determined exclusively by the Courts of the country of the Applicable Law and the parties will submit to the exclusive jurisdiction of those courts. Any proceedings brought pursuant to this Clause 3 will be issued within nine calendar months of the expiration date of the aforementioned three month period.

## Legal action

You will not institute any legal proceedings to recover any amount under the policy until at least 60 days after the claim has been submitted to us and not more than two years from the date of this submission, unless otherwise required by mandatory legal regulations.



# DEFINITIONS

The following definitions apply to the benefits in our Healthcare Plans and to some other commonly used terms. The benefits you are covered for are listed in your Table of Benefits. If any specific benefits apply to your plan(s), the definition will appear in the “Notes” section at the end of your Table of Benefits. Wherever these words/phrases appear in your policy documents, they will always have the following meanings:



# A

**Accident** is a sudden, unexpected event that causes injury and is due to a cause external to the insured person. The cause and symptoms of the injury must be medically and objectively definable, allow for a diagnosis and require therapy.

**Accidental death benefit** refers to an amount shown in the Table of Benefits which becomes payable if an insured person (aged 18 to 70) dies during the period of insurance as a result of an accident (including an industrial injury).

**Accommodation costs for one parent staying in hospital with an insured child** refers to the hospital accommodation costs of one parent for the duration of the insured child's admission to hospital for eligible treatment. If a suitable bed is not available in the hospital, we will contribute the equivalent of the daily room rate in a three-star hotel towards any hotel costs incurred. We do not cover sundry expenses such as meals, phone calls or newspapers. Please check your Table of Benefits to confirm whether an age limit applies with regard to your child.

**Acute** refers to the sudden onset of symptoms or a medical condition.

# B

**Breastfeeding consultation** provides a contribution towards the cost of a consultation with a qualified breastfeeding consultant. When submitting a claim, please attach a dated invoice from the provider. This benefit is payable to insured mothers availing of the service.

# C

**Child hearing exam** provides a contribution towards the services of a suitably qualified and recognised hearing specialist professional in the country of treatment. To be eligible for this benefit, your child must be 16 years or younger and covered at the time they receive the service. When submitting a claim, please attach a dated invoice from the provider.

**Child home nursing** provides a contribution towards the cost of nursing care at home for an insured dependant aged 16 or younger. Cover is provided if the treating doctor decides that the child needs to receive care at home for medical reasons, following an in-patient treatment of five days or more. The nursing care must:

- start within two weeks of discharge from hospital
- be completed within six weeks of discharge
- be provided by a qualified nurse, registered in the country of treatment.

When submitting a claim, please attach a dated invoice from the provider.

**Child speech and language therapy** provides a contribution towards the cost of treatment for dyslexia and dyspraxia for children aged 16 and younger. The services must be provided by a certified speech-language therapist or pathologist in the country of treatment. To be eligible for this benefit, the child must be covered under the policy at the time they receive the service. This benefit is limited to the treatment of dyslexia and dyspraxia only. When submitting a claim, please attach a dated invoice from the provider.

**Chronic condition** is defined as a sickness, illness, disease or injury that lasts longer than six months or requires medical attention (such as check-up or treatment) at least once a year. It also has one or more of the following characteristics:

- Is recurrent in nature
- Is without a known, generally recognised cure
- Is not generally deemed to respond well to treatment
- Requires palliative treatment
- Leads to permanent disability

Please refer to the "Notes" section of your Table of Benefits to confirm whether chronic conditions are covered.

**Complementary treatment** refers to therapeutic and diagnostic treatment that exists outside of traditional Western medicine. Please refer to your Table of Benefits to confirm whether any of the following complementary treatment methods are covered: chiropractic treatment, osteopathy, Chinese herbal medicine, homeopathy, acupuncture and podiatry as practised by approved therapists.

**Complications of childbirth** refers only to the following conditions that arise during childbirth and that require a recognised obstetric procedure: post-partum haemorrhage and retained placental membrane. Where your plan also includes the benefits "Routine maternity" or the "Routine delivery and newborn care", "Complications of childbirth" includes medically necessary caesarean sections.

**Complications of pregnancy** relates to the health of the mother. Only the following complications that arise during the pre-natal stages of pregnancy are covered: ectopic pregnancy, gestational diabetes, pre-eclampsia, miscarriage, threatened miscarriage, stillbirth and hydatidiform mole.

**Co-payment** is the percentage of the costs which you must pay. These apply per person, per Insurance Year, unless the Table of Benefits states otherwise. Some plans may include a maximum co-payment per insured person, per Insurance Year and, if so, the amount will be capped at the figure stated in your Table of Benefits. Co-payments may apply individually to the Core, Out-patient, Maternity, Dental or Repatriation Plans,

or to a combination of these plans. For more information on co-payments, please refer to “What are deductibles and co-payments” section of this guide.

# D

**Day-care treatment** is planned treatment received in a hospital or day-care facility during the day, including a hospital room and nursing, that does not medically require the patient to stay overnight and where a discharge note is issued.

**Deductible** is that part of the cost that remains payable by you and that has to be deducted from the amount we will pay. Where deductibles apply, they are payable per person per Insurance Year, unless your Table of Benefits states otherwise. Deductibles may apply to the Core, Out-patient, Maternity, Dental or Repatriation Plans individually, or to a combination of these plans.

**Dental prescription drugs** refers to those prescribed by a dentist for the treatment of dental inflammation or infection. The prescription drugs must be proven to be effective for the condition and recognised by the pharmaceutical regulator in a given country. They do not include mouthwashes, fluoride products, antiseptic gels and toothpastes.

**Dental prostheses** includes crowns, inlays, onlays, adhesive reconstructions/restorations, bridges, dentures and implants as well as all necessary and ancillary treatment required.

**Dental surgery** includes the surgical extraction of teeth, as well as other tooth-related surgical procedures such as apicoectomy and dental prescription drugs. All investigative procedures that establish the need for dental surgery such as laboratory tests, X-rays, CT scans and MRI(s) are included under this benefit. Dental surgery does not cover surgical treatment that relates to dental implants.

**Dental treatment** includes an annual check-up, simple fillings related to cavities or decay, root canal treatment and dental prescription drugs.

**Dependant** is your spouse or partner (including same-sex partner) and unmarried children (including any step, fostered or adopted children) who are financially dependent on you and are named as dependants on your Insurance Certificate. Children are covered up to the day before their 18th birthday; or up to the day before their 24th birthday if they are in full-time education.

**Diagnostic tests** refers to investigations such as x-rays or blood tests, undertaken to determine the cause of the presented symptoms.

**Dietician fees** relate to charges for dietary or nutritional advice provided by a health professional who is registered and qualified to practise in the country where the treatment is received. If included in your plan, cover is only provided in respect of eligible diagnosed medical conditions.

**Digital health app** provides a contribution towards one digital health app of your choice per Insurance Year. The app should assist with the prevention, detection or management of a disease or condition such as back pain, diabetes or mental health issues. Cover is provided when the insured member is the subscriber to the app, covered under a valid policy at the time of purchase. When submitting a claim, please attach a dated receipt.

**Direct family history** exists where a parent, grandparent, sibling or child has been previously diagnosed with the medical condition in question.

**Doctor** is a person who is licensed to practise medicine under the law of the country in which treatment is given and where they are practising within the limits of their licence.

**Drug and alcohol addiction treatment** provides a contribution towards the cost of a dependent child receiving treatment in a recognised drug and alcohol addiction treatment facility. The prescribed treatment can include detoxification, medication, therapy and counselling. To be eligible for this benefit your child must be insured at the time they receive the service.

# E

**Emergency** is the onset of a sudden and unforeseen medical condition that requires urgent medical assistance. Only treatment commencing within 24 hours of the emergency event will be covered.

**Emergency in-patient dental treatment** refers to acute emergency dental treatment that is due to a serious accident and requires admission to hospital. The treatment must take place within 24 hours of the emergency event. Cover does not extend to follow-up dental treatment, dental surgery, dental prostheses, orthodontics or periodontics. If cover is provided for these benefits, it will be listed separately in the Table of Benefits.

**Emergency out-patient dental treatment** is treatment received in a dental surgery or hospital emergency room for the immediate relief of dental pain caused by an accident or an injury to a sound natural tooth. Treatment may include pulpotomy or pulpectomy and the subsequent temporary fillings, limited to three fillings per Insurance Year. Treatment must take place within 24 hours of the emergency event. It does not include any form of dental prostheses, permanent restorations or the continuation of root canal treatment. However, if your policy also includes a Dental Plan, it will cover dental treatment in excess of the limit on emergency out-patient dental treatment benefit. In that case, the Dental plan terms will apply.

**Emergency out-patient treatment** is treatment received in a casualty ward or emergency room within 24 hours of an accident or sudden illness, where there is no medical necessity

for you to occupy a hospital bed. If your policy includes an Out-patient Plan, it will cover you for out-patient treatment in excess of the limit on emergency out-patient treatment benefit. In that case, the Out-patient plan terms will apply.

**Emergency treatment outside area of cover** is treatment for medical emergencies which occur during business or holiday trips outside your area of cover. Cover is provided for up to six weeks per trip within the maximum benefit amount. It includes treatment required due to an accident or the sudden beginning or worsening of a severe illness which presents an immediate threat to your health. Treatment by a doctor must start within 24 hours of the emergency event. Cover is not provided for curative or follow-up non-emergency treatment, even if you are deemed unable to travel to a country within your geographical area of cover. Nor does it extend to charges relating to maternity, pregnancy, childbirth or any complications of pregnancy or childbirth. You must tell us if you are going to be outside your area of cover for more than six weeks.

**Expenses for one person accompanying an evacuated/repatriated person** refer to the travel costs for one person accompanying the evacuated/repatriated person. If they can't travel in the same vehicle, we will pay for an alternative form of transport at economy rates. Following completion of treatment, we will also cover the cost of the companion's return trip, at economy rates, to the country where the evacuation/repatriation started from. Cover is not provided for hotel accommodation or other related expenses.

## F

**Family expenses during childbirth** provides a contribution towards the following costs, when you travel to be with your partner while they are admitted to hospital to give birth:

- Costs of hotel accommodation.
- Your travel costs to and from your home to the hospital.
- The costs of a professional child minder while you are visiting your partner in hospital.
- Car parking expenses while you are visiting your partner in a medical facility.

The contribution can only be claimed for costs incurred on:

- the day your baby is born
- the day before your baby is born
- the day after your baby is born

To be eligible for this benefit, you must be covered at the time the costs arise. When submitting a claim, please attach the dated invoices for each expense.

**Family history** exists where a parent, grandparent, sibling, child, aunt or uncle has been previously diagnosed with the medical condition in question.

**First aid course** provides a contribution towards a first aid course for insured parents who have a child insured as a dependant. To be eligible for this benefit, you must be covered at the time you attend the course. This benefit is only available where the course is carried out by qualified and recognised professionals. Insured parents can claim this benefit once per policy year. When submitting a claim, please attach a dated invoice from the provider.

**Fitness assessment** provides a contribution towards the costs of assessing fitness levels of the policyholder and their insured spouse or partner. This includes cardiovascular, whole body power and strength assessments. The costs incurred may include VO<sub>2</sub> max testing and a prescribed program of exercise suitable to help members achieve their goals and ambitions. This benefit is only available where the assessment is carried out under the direct supervision of a qualified doctor in the country of treatment. To be eligible for this benefit, you must be covered at the time of the assessment. When submitting a claim, please attach a dated invoice from the provider.

## H

**Health and wellbeing checks including screening for the early detection of illness or disease** are health checks, tests and examinations, performed at appropriate age intervals, that are undertaken without any clinical symptoms being present. Checks are limited to:

- Physical examination
- Blood tests (full blood count, biochemistry, lipid profile, thyroid function test, liver function test, kidney function test)
- Cardiovascular examination (physical examination, electrocardiogram, blood pressure)
- Neurological examination (physical examination)
- Cancer screening:
  - Annual pap smear
  - Mammogram (every two years for women aged 45+, or younger where a family history exists)
  - Prostate screening (yearly for men aged 50+, or from an earlier age where a family history exists)
  - Colonoscopy (every five years for members aged 50+, or 40+ where a family history exists)
  - Annual faecal occult blood test
- Bone densitometry (every five years for women aged 50+)
- Well child test (for children up to the age of six years, up to a maximum of 15 visits per lifetime)
- BRCA1 and BRCA2 genetic test (where a direct family history exists and where included in your Table of Benefits)

**Home country** is a country for which you hold a current passport or which is your principal country of residence.

**Hospital** is any establishment which is licensed as a medical or surgical hospital in the country where it operates and where the patient is permanently supervised by a doctor. The

following are not considered hospitals: rest and nursing homes, spas, cure-centres and health resorts.

**Hospital accommodation** refers to standard private or semi-private accommodation as shown in the Table of Benefits - deluxe, executive rooms and suites are not covered. The hospital accommodation benefit only applies when the hospitalisation is not related to any other in-patient benefit shown on the Table of Benefits. For example, if a member is hospitalised for cancer treatment, the hospital accommodation will be covered under the oncology benefit, and not under the hospital accommodation benefit. Examples of benefits that already include hospital accommodation (if included in your plan) are: Psychiatry and psychotherapy, Organ transplant, Oncology, Routine maternity, Palliative care and Long-term care.

## I

**Infertility treatment** refers to treatment for the insured person including all invasive investigative procedures necessary to establish the cause for infertility such as hysterosalpingogram, laparoscopy or hysteroscopy. If your Table of Benefits does not have a specific benefit for infertility treatment, cover is limited to non-invasive investigations into the cause of infertility, within the limits of your Out-patient Plan (if you have one) and this does not apply to members of the Channel Islands Plan, for whom investigation into infertility is excluded. However, if there is a specific benefit for infertility treatment, we will cover the cost of treatment for the insured member who receives it, up to the limit indicated in the Table of Benefits. You cannot claim under your spouse/partner's cover (if they are included in the policy) for costs that exceed your benefit limit. In the case of InVtiro Fertilisation (IVF), cover is limited to the amount specified in the Table of Benefits.

For multiple-birth babies born as a result of medically assisted reproduction, in-patient treatment is limited to £24,900/€30,000/US\$40,500/CHF39,000 per child for the first three months following birth. Out-patient treatment is paid within the terms of the Out-patient Plan.

**In-patient cash benefit** is payable when you receive in-patient treatment free of charge for a medical condition that is covered by us. Cover is limited to the amount and maximum number of nights specified in the Table of Benefits and is payable after you are discharged from hospital.

**In-patient treatment** refers to treatment received in a hospital where an overnight stay is medically necessary.

**Insurance Certificate** is a document we issue that outlines the details of your cover. It confirms that an insurance relationship exists between you and us.

**Insurance Year** applies from the effective date of your policy, as shown on the Insurance Certificate and ends exactly one year later.

**Insured person** is you and your dependants as stated on your Insurance Certificate.

## L

**Laser eye treatment** refers to the surgical improvement of the refractive quality of the cornea using laser technology, including necessary pre-operative investigations.

**Local ambulance** is ambulance transport that is required for an emergency or out of medical necessity, to the nearest available and appropriate hospital or licensed medical facility.

**Long-term care** refers to care over an extended period of time after the acute treatment has been completed, usually for a chronic condition or disability requiring periodic, intermittent or continuous care. Long-term care can be provided at home, in the community, in a hospital or in a nursing home.

## M

**Maternity/paternity cash benefit** applies to the Channel Islands Plan only and if provided under your plan, an amount will be paid to each parent insured with us, following the birth of a child dependant. This benefit is only payable where treatment is received free of charge and the amount payable will be indicated in your Table of Benefits. To claim the maternity/paternity cash benefit, please send us a copy of the baby's birth certificate within three months of the birth. To be eligible for this benefit, the mother/father must be covered under our Healthcare Plan for the Channel Islands for a minimum of 10 continuous months before the baby is born.

**Medical evacuation** applies in the following scenarios:

- If the necessary treatment you are covered for is not available locally
- If adequately screened blood is unavailable in an emergency

We will evacuate you to the nearest appropriate medical centre (which may or may not be in your home country) by ambulance, helicopter or aeroplane. The medical evacuation should be requested by your doctor, and will be carried out in the most economical way that is appropriate to your medical condition. Following completion of treatment, we will also cover the cost of your return trip at economy rates to your principal country of residence.

If you can't travel or be evacuated for medical reasons following discharge from an **in-patient episode of care**, we will cover the reasonable cost of hotel accommodation in a private en-suite room for up to seven days. We do not cover

costs for hotel suites, four or five-star hotel accommodation or hotel accommodation for an accompanying person.

If you are evacuated to the nearest appropriate medical centre for **ongoing treatment**, we will cover the reasonable cost of hotel accommodation in a private en-suite room. This cost must be more economical than the cost of a series of journeys between the nearest appropriate medical centre and your principal country of residence. Hotel accommodation for an accompanying person is not covered.

Where adequately screened blood is not available locally, we will, where appropriate, try to locate and transport screened blood and sterile transfusion equipment, if this is advised by the treating doctor and our own medical experts. We and our agents accept no liability if we are unsuccessful or if contaminated blood or equipment is used by the treating authority.

You must contact us at the first indication that you need an evacuation. From this point onwards, we will organise and coordinate the evacuation until you arrive safely at your destination of care. If evacuation services are not organised by us, we reserve the right to decline all costs incurred.

**Medical necessity** refers to medical treatment, services or supplies that fulfil all of the following:

- a) Essential to identify or treat your condition, illness or injury
- b) Consistent with your symptoms, diagnosis or treatment of the underlying condition
- c) In accordance with generally accepted medical practice and professional standards of care in the medical community at the time (this does not apply to complementary treatment methods if they form part of your cover)
- d) Required for reasons other than the comfort or convenience of you or your doctor
- e) Proven and demonstrated to have medical value (this does not apply to complementary treatment methods if they form part of your cover)
- f) Considered to be the most appropriate type and level of service or supply
- g) Provided at an appropriate facility, in an appropriate setting and at an appropriate level of care for the treatment of your medical condition
- h) Provided only for an appropriate duration of time

In this definition, the term “appropriate” means taking patient safety and cost effectiveness into consideration. In respect to in-patient treatment, “medically necessary” also means that diagnosis can’t be made or treatment can’t be safely and effectively provided on an out-patient basis.

**Medical practitioners** are doctors who are licensed to practise medicine under the law of the country in which treatment is given and where they are practising within the limits of their licence.

**Medical practitioner fees** refers to non-surgical treatment performed or administered by a medical practitioner.

**Medical repatriation** is an optional level of cover and where provided will be shown in the Table of Benefits. If the necessary treatment for which you are covered isn’t available locally you can choose to be medically evacuated to your home country for treatment, instead of to the nearest appropriate medical centre. This only applies when your home country is within your geographical area of cover. Following completion of treatment, we will also cover the cost of your return trip at economy rates, to your principal country of residence. The return journey must take place within one month after treatment has been completed.

You must contact us at the first indication that repatriation is required. From this point onwards we will organise and coordinate all stages of the repatriation until you arrive safely at your destination of care. If the repatriation is not organised by us, we reserve the right to decline all costs incurred.

**Medical underwriting** is the assessment of insurance risk based on information that you give us when applying for cover. Our underwriting team uses this information to decide the terms of our offer.

**Midwife fees** refers to fees charged by a midwife or birth assistant, who, according to the law of the country in which treatment is given, has completed the necessary training and passed the necessary state examinations.

## N

**Newborn care** includes customary examinations required to assess the integrity and basic function of the child’s organs and skeletal structures. These essential examinations are carried out immediately following birth.

Cover doesn’t include further preventive diagnostic procedures, such as routine swabs, blood typing and hearing tests. However, if for medical reasons the child needs any follow-up investigations and treatment, these are covered under the newborn’s own policy (if they have been added as a dependant). For multiple birth babies born as a result of medically assisted reproduction, in-patient treatment is limited to £24,900/€30,000/US\$40,500/CHF39,000 per child for the first three months following birth. Out-patient treatment is paid within the terms of the Out-patient Plan.

**Non-prescribed physiotherapy** refers to treatment provided by a registered physiotherapist without being referred by a doctor in advance. Cover is limited to the number of sessions indicated in your Table of Benefits. A doctor must prescribe any additional sessions over this limit, which will be covered under the prescribed physiotherapy benefit. Physiotherapy does not include therapies such as Rolfing, Massage, Pilates, Fango and Milta.

**Nursing at home or in a convalescent home** refers to nursing received immediately after, or instead of, eligible in-patient or day-care treatment. We will pay the benefit listed in the Table

of Benefits if the treating doctor decides that it is medically necessary for you to stay in a convalescent home or have a nurse in attendance at home. This benefit also needs to be approved by our Medical Director. This benefit doesn't cover spas, cure centres, health resorts, palliative care or long term care (see Palliative care and Long-term care definitions).



**Obesity** is diagnosed when a person has a body mass index (BMI) of over 30 (you can find a BMI calculator at: [www.allianzcare.com/members](http://www.allianzcare.com/members)).

**Occupational therapy** is treatment that helps you develop skills needed for daily living and interactions with other people and the environment. These refer to:

- Fine and gross motor skills (how you perform small, precise tasks and whole-body movement).
- Sensory integration (how the brain organises a response to your senses).
- Coordination, balance and other skills such as dressing, eating and grooming.

We will need to see a progress report after every 20 sessions.

**Oculomotor therapy** is a specific type of occupational therapy that aims to synchronise eye movement when there is a lack of coordination between eye muscles.

**Oncology** refers to specialist fees, diagnostic tests, radiotherapy, chemotherapy and hospital charges related to the treatment of cancer from the point of diagnosis. We also cover the cost of an external prosthetic device for cosmetic purposes, for example a wig for hair loss or a prosthetic bra after breast cancer treatment.

**Oral and maxillofacial surgical procedures** refers to surgical treatment on the mouth, jaws, face or neck performed in a hospital by an oral and maxillofacial surgeon for: oral pathology, temporomandibular joint disorders, facial bone fractures, congenital jaw deformities, salivary gland diseases and tumours.

Unless you hold a Dental Plan, we do not cover the following procedures even if they are performed by an oral and maxillofacial surgeon:

- Surgical removal of impacted teeth
- Surgical removal of cysts
- Orthognathic surgeries for the correction of malocclusion

**Organ transplant** refers to the following organ or tissue transplants: heart, heart/valve, heart/lung, liver, pancreas, pancreas/kidney, kidney, bone marrow, parathyroid, muscular/skeletal and cornea. We do not reimburse the costs of acquiring organs.

**Orthodontics** is the use of devices to correct malocclusion (misalignment of your teeth and bite). We will ask you to submit supporting information with your claim to show that your treatment is medically necessary and therefore eligible for cover. The information we ask for may include, but is not limited to:

- A medical report issued by the specialist, stating the diagnosis (type of malocclusion) and a description of your symptoms caused by the orthodontic problem.
- A treatment plan showing the estimated duration and cost of the treatment and the type/material of the appliance used.
- The payment arrangement agreed with the medical provider.
- Proof of payment for orthodontic treatment.
- Photographs of both jaws clearly showing dentition before the treatment.
- Clinical photographs of the jaws in central occlusion from frontal and lateral views.
- Orthopantomogram (panoramic x-ray).
- Profile x-ray (cephalometric x-ray).
- Any other document we may need to assess the claim.

We will only cover the cost of standard metallic braces and/or standard removable appliances. However, we'll cover cosmetic appliances such as lingual braces and invisible aligners up to the cost of metallic braces, subject to the "Orthodontic treatment and dental prostheses" benefit limit.

**Orthomolecular treatment** refers to alternative treatment that aims to restore the individual biochemical balance through supplements. It uses natural substances such as vitamins, minerals, enzymes and hormones.

**Out-patient surgery** is a surgical procedure performed in a surgery, hospital, day-care facility or out-patient department that does not require you to stay overnight out of medical necessity.

**Out-patient treatment** refers to treatment provided in the practice or surgery of a medical practitioner, therapist or specialist that does not require you to be admitted to hospital.

## P

**Palliative care** refers to ongoing treatment that aims to alleviate the physical/psychological suffering associated with progressive, incurable illness and to maintain quality of life. It includes in-patient, day-care and out-patient treatment following the diagnosis of a terminal condition. We will pay for physical care, psychological care, hospital or hospice accommodation, nursing care and prescription drugs.

**Partner** refers to a person you have lived with in a conjugal relationship for a continuous period of 12 months.



**Periodontics** refers to dental treatment related to gum disease.

**Podiatry** refers to medically necessary treatment carried out by a State Registered podiatrist.

**Post-natal care** refers to the routine post-partum medical care received by the mother for up to six weeks after delivery.

**Post-natal counselling** provides a contribution towards the cost of post-natal counselling received within 12 months from the date on which your baby was born. To be eligible for this benefit, you must be covered at the time your baby is born and at the time you receive the service. The counsellor must be qualified and registered in the country of treatment. When submitting a claim, please attach a dated invoice from the provider.

**Pre-existing conditions** are medical conditions for which one or more symptoms presented at some point during your or your dependants' lifetime. This applies regardless of whether you or your dependants sought any medical advice or treatment. We would deem any such condition to be pre-existing if we could reasonably assume you or your dependants would have known about it. Your policy will cover pre-existing conditions unless we tell you otherwise in writing.

We will also treat as pre-existing any medical conditions that arise between the date you completed the application form and the later of the following:

- The date we issued your Insurance Certificate or
- The start date of your policy

Such pre-existing conditions will also be subject to full medical underwriting and if they are not disclosed, they will not be covered. Please refer to the "Notes" section of your Table of Benefits to confirm if pre-existing conditions are covered.

**Pregnancy** refers to the period of time when you are expecting a baby, from the date of the first diagnosis until delivery.

**Pregnancy Yoga or Pilates** provides a contribution towards the cost of Yoga or Pilates classes by a qualified instructor for insured members during pregnancy. When submitting a claim, please attach a dated invoice from the provider. We can only reimburse classes that take place during pregnancy.

**Pre-natal care** includes common screening and follow-up tests required during pregnancy. For women aged 35 and over, this includes Triple/Bart's, Quadruple and Spina Bifida tests, amniocentesis and, if directly linked to an eligible amniocentesis, DNA-analysis.

**Prescribed drugs** refers to over the counter drugs when prescribed by a doctor to:

- Treat a confirmed diagnosis or medical condition
- Compensate a lack of vital bodily substances

Examples are aspirins, vitamins and hypodermic needles. Prescribed drugs must be clinically proven to be effective for the diagnosed condition. They must also be recognised by the pharmaceutical regulator in the country where you use the prescription. Even if you can legally buy a medication without a doctor's prescription in that country; you must get a prescription for these costs to be covered.

**Prescribed glasses and contact lenses including eye examination** refers to cover for a routine eye examination carried out by an optometrist or ophthalmologist (one check-up per Insurance Year) and for lenses or glasses to correct vision.

**Prescribed medical aids** refers to any device which is prescribed and medically necessary to enable you to carry out everyday activities. Examples include:

- Biochemical aids such as insulin pumps, glucose meters and peritoneal dialysis machines.
- Motion aids such as crutches, wheelchairs, orthopaedic supports/braces, artificial limbs and prostheses.
- Hearing and speaking aids such as an electronic larynx.
- Medically graduated compression stockings.
- Long-term wound aids such as dressings and stoma supplies.

We do not cover costs for medical aids that form part of palliative care or long-term care (see the definitions of Palliative care and Long-term care).

**Prescribed physiotherapy** refers to treatment provided by a registered physiotherapist following referral by a doctor. Physiotherapy (either prescribed, or a combination of non-prescribed and prescribed treatment) is initially restricted to 12 sessions per condition, after which treatment must be reviewed by the doctor who referred you. If you need further sessions, you must send us a new progress report after every set of 12 sessions, indicating the medical necessity for more treatment. Physiotherapy does not include therapies such as Rolwing, massage, Pilates, Fango and Milta.

**Prescription drugs** refers to products which you can't buy without a prescription and are to treat a confirmed diagnosis or medical condition or to compensate a lack of vital bodily substances. Examples are antibiotics, sedatives, etc. Prescription drugs must be clinically proven to be effective for the diagnosed condition. They must also be recognised by internationally accepted medical guidelines.

**Preventative surgery** refers to prophylactic mastectomy or prophylactic oophorectomy. We will pay for preventative surgery when an insured person:

- Has a direct family history of a disease which is part of a hereditary cancer syndrome, for example, breast cancer or ovarian cancer, and
- Genetic testing has established the presence of a hereditary cancer syndrome.

**Preventive treatment** refers to treatment you receive without any clinical symptoms being present at the time of treatment (e.g. the removal of a pre-cancerous growth). This benefit is covered when the Preventive treatment is listed in your Table of Benefits.

**Principal country of residence** is the country where you and your dependants (if applicable) live for more than six months of the year.

**Psychiatry and psychotherapy** refers to the treatment of mental disorders carried out by a psychiatrist or clinical psychologist.

The condition must be clinically significant and not related to:

- Bereavement
- Relationship or academic problems
- Acculturation difficulties
- Work pressure

All day-care or in-patient admissions must include prescription medication related to the condition. We will cover psychotherapy (on an in-patient or out-patient basis) in cases where you or your dependants are initially diagnosed by a psychiatrist and referred to a clinical psychologist for further treatment. Out-patient psychotherapy treatment (where covered) is for 10 sessions per condition initially. After every 10 sessions, the referring psychiatrist must review the treatment. If you need more sessions, you must send us a progress report that indicates the medical necessity for further treatment.

## R

**Reasonable and customary** refers to treatment costs that are usual within the country of treatment. We will only reimburse medical providers where their charges are reasonable and customary and in accordance with standard and generally accepted medical procedures.

**Rehabilitation** is treatment that combines therapies such as physical, occupational and speech therapy. It aims to restore original form or function after an acute illness, injury or surgery. Treatment must take place in a licensed rehabilitation facility and start within 14 days of discharge from acute medical and/or surgical treatment.

**Repatriation of mortal remains** is the transportation of the insured deceased remains from the principal country of residence to the country of burial. We cover costs such as: embalming, a container legally appropriate for transportation, shipping and the necessary government authorisations. Cremation costs will only be covered if the cremation is required for legal purposes. We do not cover costs incurred by anyone accompanying the remains unless this is listed as a specific benefit in your Table of Benefits.

**Routine delivery** refers to medically necessary costs incurred during childbirth. This includes hospital charges, specialist fees, midwife fees (during labour only) and newborn care (see the definition of "Newborn care" for what we cover under this benefit and for in-patient treatment limits that apply to multiple birth babies born as a result of medically assisted reproduction). We do not cover costs of complications of pregnancy and childbirth under the "Routine delivery" benefit. Caesarean sections that are not medically necessary are covered up to the cost of a routine delivery in the same hospital, subject to any benefit limits. Medically-necessary caesarean sections are paid for under the "Complications of childbirth" benefit.

In case of home deliveries, we will pay a lump sum up to the amount specified in the Table of Benefits if your plan includes the "Home delivery" benefit.

**Routine maternity** refers to medically necessary costs incurred during pregnancy and childbirth. This includes hospital charges, specialist fees, the mother's pre-natal and post-natal care, midwife fees (during labour only) and newborn care (see the definition of "Newborn care" for what we cover under this benefit and for in-patient treatment limits that apply to multiple birth babies born as a result of medically assisted reproduction). We do not cover costs of complications of pregnancy and childbirth under the routine maternity benefit. Caesarean sections that are not medically necessary are covered up to the cost of a routine delivery in the same hospital, subject to any benefit limits. Medically-necessary caesarean sections are paid for under the "Complications of childbirth" benefit.

In case of home deliveries, we will pay a lump sum up to the amount specified in the Table of Benefits if your plan includes the "Home delivery" benefit.

## S

**Specialist** is a licensed doctor possessing the additional qualifications and expertise necessary to practise as a recognised specialist in diagnostic techniques, treatment and prevention in a particular field of medicine. This benefit does not include cover for psychiatrist or psychologist fees. Where covered, a separate benefit for psychiatry and psychotherapy will appear in the Table of Benefits.

**Specialist fees** refers to non-surgical treatment performed or administered by a specialist.

**Speech therapy** refers to treatment carried out by a qualified speech therapist to treat diagnosed physical impairments. This includes conditions such as nasal obstruction, neurogenic impairment (e.g. lingual paresis, brain injury) or articulation disorders involving the oral structure (e.g. cleft palate).

**Surgical appliances and materials** are those required for surgeries. They include artificial body parts or devices such as

joint replacement materials, bone screws and plates, valve replacement appliances, endovascular stents, implantable defibrillators and pacemakers.

# T

**Therapist** refers to a chiropractor, osteopath, Chinese herbalist, homeopath, acupuncturist, physiotherapist, speech therapist, occupational therapist or oculomotor therapist, who is qualified and licensed under the laws of the country in which treatment takes place.

**Travel costs** is a benefit covered under the Channel Islands Plan only. We will pay up to the amount specified in your Table of Benefits for each return journey if you need private hospital day-care, post-operative out-patient consultations or in-patient treatment for which you are covered under your plan and your doctor has confirmed to us in writing that it is medically necessary for you to travel to another Channel Island, to the UK or to France to receive such treatment. You will need to obtain written confirmation from the Department of Health that you are not entitled to a travelling allowance grant in respect of travel and escort costs. We will only pay for the following travel costs under this benefit:

- Standard rate air fares from one Channel Islands to another Channel Island, to the UK or to France
- Standard rate train, underground and bus fares
- A maximum of £25/€30 per taxi trip
- Travel costs for one parent to accompany a child under 18, up to the amount specified in your Table of Benefits
- If medically necessary, we may also pay a contribution of up to £125/€150 per trip towards the cost of nursing care required during the journey

**Travel costs of insured family members in the event of an evacuation/repatriation** refers to the reasonable transportation costs of all insured family members of the evacuated or repatriated person, including minors who might otherwise be left unattended. If all family members can't travel in the same vehicle with the evacuated/repatriated person, we will pay for their round-trip transport at economy rates.

The "Travel costs of insured family members in the event of a repatriation" benefit is covered if you have a repatriation plan. Cover does not include hotel accommodation or other related expenses.

**Travel costs of insured family members in the event of the repatriation of mortal remains** refers to reasonable transportation costs of any insured family members who had been living abroad with the insured person who died, to travel to the country of burial of the deceased. Reasonable transportation costs are considered to be round trip transport costs at economy rates. Cover does not include hotel accommodation or other related expenses.

**Travel costs of insured members to be with a family member who is at peril of death or who has died** refers to the reasonable transportation costs of insured family members to be with a first-degree relative who is at peril of death or who has died (up to the amount specified in your Table of Benefits). Reasonable transportation costs are considered to be round trip transport costs at economy rates.

A first-degree relative is a spouse or partner, parent, brother, sister or child, including adopted children, fostered children or step-children. When claiming, please include copies of the travel tickets and the death certificate or a doctor's certificate supporting the reason for travel. We will cover one claim per lifetime of the policy. Cover does not include hotel accommodation or other related expenses.

**Treatment** refers to a medical procedure needed to cure or relieve illness or injury.

# V

**Vaccinations** refer to:

- All basic immunisations and booster injections that are required by law in the country in which they are administered.
- Medically necessary travel vaccinations.
- Malaria prevention tablets.

We cover the cost of consultation for administering the vaccine and the cost of the drug.

# W

**Waiting period** is a period of time that begins on your policy start date (or effective date if you are a dependant), during which you are not entitled to cover for particular benefits. Your Table of Benefits shows which benefits are subject to waiting periods.

**We/Our/Us** is Allianz Care.

# Y

**You/Your** refers to the policyholder and any dependants named on the Insurance Certificate.

# EXCLUSIONS

Although we cover most medically necessary treatment, we do not cover the following expenses unless indicated otherwise in the Table of Benefits or in any written policy endorsement.



a) The following exclusions apply to all our plans, unless stated otherwise:

#### **Acquisition of an organ**

Expenses for the acquisition of an organ such as, but not limited to donor search, typing, harvesting, transport and administration costs.

#### **Behavioural and personality disorders**

Treatment for conditions such as conduct disorder, attention deficit hyperactivity disorder, autism spectrum disorder, oppositional defiant disorder, antisocial behaviour, obsessive-compulsive disorder, phobic disorders, attachment disorders, adjustment disorders, eating disorders, personality disorders or treatments that encourage positive social-emotional relationships, such as family therapy.

#### **Chemical contamination and radioactivity**

Treatment for any medical conditions arising directly or indirectly from chemical contamination, radioactivity or any nuclear material, including the combustion of nuclear fuel.

#### **Complementary treatment**

Complementary treatment, with the exception of those treatments shown in the Table of Benefits.

#### **Complications caused by conditions not covered under your plan**

Expenses incurred because of complications directly caused by an illness, injury or treatment for which cover is excluded or limited under your plan.

#### **Consultations performed by you or a family member**

Consultations performed and any drugs or treatments prescribed by you, your spouse, parents or children.

#### **Dental veneers**

Dental veneers and related procedures, unless medically necessary.

#### **Developmental delay**

Delay in cognitive or physical development, unless a child has not achieved the developmental milestones expected for a child of that age. We do not cover conditions in which a child is slightly or temporarily lagging in development. The developmental delay must have been quantitatively measured by qualified medical professionals and documented as a delay in development of at least 12 months.

#### **Drug addiction or alcoholism**

Care and/or treatment of drug addiction or alcoholism (including detoxification programmes and treatments to stop smoking), death associated with drug addiction or alcoholism, or the treatment of any condition that in our reasonable opinion is related to, or a direct consequence of, alcoholism or addiction (e.g. organ failure or dementia).

### **Experimental or unproven treatment or drug therapy**

Any form of treatment or drug therapy which in our reasonable opinion is experimental or unproven, based on generally accepted medical practice.

### **Failure to seek or follow medical advice**

Treatment required as a result of failure to seek or follow medical advice.

### **Family therapy and counselling**

Costs in respect of a family therapist or counsellor for out-patient psychotherapy treatment.

### **Fees for the completion of a Claim Form**

Doctor's fees for the completion of a Claim Form or other administration charges.

### **Genetic testing**

Genetic testing, except:

- a) Where specific genetic tests are included within your plan.
- b) Where DNA tests are directly linked to an eligible amniocentesis i.e. in the case of women aged 35 or over.
- c) Where testing for genetic receptor of tumours is covered.

### **Home visits**

Home visits, unless they are necessary after the sudden onset of an acute illness that leaves you incapable of visiting your doctor or therapist.

### **Infertility treatment**

Infertility treatment including medically assisted reproduction or any treatment for any medical problems arising from it, unless you have a specific benefit for infertility treatment or have an Out-patient Plan. If you have an Out-patient plan we will only cover non-invasive investigations into the cause of infertility (within the limits of your Out-patient Plan). These exceptions do not apply to members of the Channel Islands Plan, for whom investigation into infertility is excluded.

### **Injuries caused by professional sports**

Treatment or diagnostic procedures for injuries arising from taking part in professional sports.

### **Intentionally caused diseases or self-inflicted injuries**

Care and/or treatment of intentionally caused diseases or self-inflicted injuries, including a suicide attempt.

### **Loss of hair and hair replacement**

Investigations into and treatment for loss of hair, including hair replacement unless the loss of hair is due to cancer treatment.

### **Medical error**

Treatment required as a result of medical error.

### **Obesity treatment**

Investigations into and treatment for obesity.

### **Orthomolecular treatment**

Please refer to the definition of Orthomolecular treatment.

### **Participation in war or criminal acts**

Death from or treatment for any illnesses, diseases or injuries resulting from active participation in the following, whether war has been declared or not:

- War
- Riots
- Civil disturbances
- Terrorism
- Criminal acts
- Illegal acts
- Acts against any foreign hostility

### **Plastic surgery**

Treatment carried out by a plastic surgeon, whether or not for medical/psychological purposes, and any cosmetic or aesthetic treatment to enhance your appearance, even when medically prescribed. The only exception is reconstructive surgery necessary to restore function or appearance after a disfiguring accident or as a result of surgery for cancer, if the accident or surgery occurs during your period of cover.

### **Pre- and post-natal**

Pre- and post-natal classes.

### **Products sold without prescriptions**

Products that can be purchased without a doctor's prescription, except where a specific benefit covering these costs appears in the Table of Benefits.

### **Sex change**

Sex change operations and related treatments.

### **Sleep disorders**

Treatment of sleep disorders, including insomnia, obstructive sleep apnoea, narcolepsy, snoring and bruxism.

### **Stays in a cure centre**

Stays in a cure centre, bath centre, spa, health resort and recovery centre, even if the stay is medically prescribed.

### **Sterilisation, sexual dysfunction and contraception**

Investigations into, treatment of and complications arising from:

- Sterilisation
- Sexual dysfunction (unless as a result of a total prostatectomy following cancer surgery)
- Contraception (including the insertion and removal of contraceptive devices and all other contraceptives, even if prescribed for medical reasons). The only exception is where contraceptives are prescribed by a dermatologist for the treatment of acne.

This exclusion extends to include **infertility** within the **Channel Islands Plan**.

### **Surrogacy**

Treatment directly related to surrogacy whether you are acting as a surrogate, or are the intended parent.

### **Termination of pregnancy**

Termination of pregnancy, except where the life of the pregnant woman is in danger.

### **Treatment in the USA**

Treatment in the USA if we believe that cover was taken out with the purpose of travelling to the USA to get treatment for a condition or symptoms you were aware of:

- before being insured with us
- before having the USA in your region of cover

If we paid any claims in these circumstances, we reserve the right to seek reimbursement from you.

### **Treatment outside the geographical area of cover**

Treatment outside the geographical area of cover unless for emergencies or authorised by us.

### **Triple/Bart's, Quadruple or Spina Bifida tests**

Triple/Bart's, Quadruple or Spina Bifida tests, except for women aged 35 or over.

### **Tumour marker testing**

Tumour marker testing, unless you have previously been diagnosed with the specific cancer in question, in which case cover is provided under the Oncology benefit.

### **Vessel at sea**

Medical evacuation/repatriation from a vessel at sea to a medical facility on land.

### **Vitamins or minerals**

Products classified as:

- vitamins and minerals (except during pregnancy or to treat diagnosed vitamin deficiency syndromes).



- supplements such as, infant formula and cosmetic products.

These products are excluded even if they are medically recommended, prescribed or acknowledged as having therapeutic effects. Costs incurred as a result of nutritional or dietary consultations are also not covered, unless a specific benefit shows in your Table of Benefits. For members of the Channel Islands Plan, this exclusion extends to include the period of pregnancy.

### **Benefits that are not in your Table of Benefits**

The following benefits or any adverse consequences or complications relating to them, unless otherwise indicated in your Table of Benefits:

- Complications of pregnancy.
- Dental treatment, dental surgery, periodontics, orthodontics and dental prostheses. The only exception is oral and maxillofacial surgical procedures, which are covered within the overall limit of your Core Plan.
- Dietician fees.
- Emergency dental treatment.
- Expenses for one person accompanying an evacuated/repatriated person.
- Health and wellbeing checks including screening for the early detection of illness or disease.
- Home delivery.
- Infertility treatment.
- In-patient psychiatry and psychotherapy treatment.
- Laser eye treatment.
- Medical repatriation.
- Organ transplant.
- Out-patient psychiatry and psychotherapy treatment.
- Out-patient treatment.
- Prescribed glasses and contact lenses including eye examination.
- Prescribed medical aids.
- Preventive treatment.
- Rehabilitation treatment.
- Routine maternity, Routine Delivery and newborn care and Complications of childbirth.
- Travel costs of insured family members in the event of an evacuation/repatriation.
- Travel costs of insured family members in the event of the repatriation of mortal remains.
- Travel costs of insured members to be with a family member who is at peril of death or who has died.
- Vaccinations.

### **Accidental death benefit**

Accidental death benefit, if the death of an insured person has been caused either directly or indirectly by:

- Active participation in war, riots, civil disturbances, terrorism, criminal acts, illegal acts or acts against any foreign hostility, whether war has been declared or not.
- Intentionally caused diseases or self-inflicted injuries, including suicide, within one year of the enrolment date of the policy.

- Active participation in underground or underwater activity such as underground mining or deep sea diving.
- Above water activity (such as oil platforms, oil rigs) and aerial activity, unless otherwise specified.
- Chemical or biological contamination, radioactivity or any nuclear material contamination, including the combustion of nuclear fuel.
- Passive war risk:
  - Being in a country where the British government has recommended their citizens to leave (this criteria will apply regardless of the insured person's nationality) and has advised against 'all travel' to that location; or
  - Travelling to or staying, for a period of more than 28 days per stay, in a country or an area where the British government advises "against all but essential travel".

The passive war risk exclusion applies regardless of whether the claim arises directly or indirectly as a consequence of war, riots, civil disturbances, terrorism, criminal acts, illegal acts or acts against any foreign hostility, whether war has been declared or not.

- Being under the influence of drugs or alcohol.
- Death that takes place more than 365 days after the occurrence of the accident.
- Deliberate exposure to danger, except in an attempt to save human life.
- Intentional inhalation of gas or intentional ingestion of poisons or legally prohibited drugs.
- Flying in an aircraft, including helicopters, unless the insured person is a passenger and the pilot is legally licensed, or is a military pilot and has filed a scheduled flight plan when required by local regulations.
- Active participation in extreme or professional sports including but not limited to:
  - Mountain sports such as abseiling, mountaineering and racing of any kind (except for racing on foot).
  - Snow sports such as bobsleigh, luge, mountaineering, skeleton, skiing off-piste and snowboarding off-piste.
  - Equestrian sports such as hunting on horseback, horse jumping, polo, steeple chasing or horse-racing of any kind.
  - Water sports such as potholing (solo caving) or cave diving, scuba diving to a depth of more than 10 metres, high diving, white water rafting and canyoning.
  - Car and motorcycle sports such as motorcycle riding and quad biking.
  - Combative sports.
  - Air sports such as flying with a microlight, ballooning, hang gliding, paragliding, parasailing and parachute jumping.
  - Various other sports such as bungee jumping.

**b) The following additional exclusions apply to all plans, with the exception of the Channel Islands Plan (this plan has its own additional exclusions listed below and on the following page):**

#### **Pre-existing conditions**

Pre-existing conditions (including pre-existing chronic conditions) when:

- Indicated on a Special Conditions Form that we issue before your policy starts
- Conditions were not disclosed on the Application Form
- Conditions arise between completing the application form and the later of the following:
  - The date we issue your Insurance Certificate or

- The start date of your policy

Such conditions will also be subject to medical underwriting and if not disclosed, will not be covered.

#### **Speech therapy**

Speech therapy related to developmental delay, dyslexia, dyspraxia or expressive language disorder.

#### **Travel costs**

Travel costs to and from medical facilities (including parking costs) for treatment, except when covered under "Local ambulance", "Medical evacuation" and "Medical repatriation" benefits.

### **c) The following exclusions apply solely to our Channel Islands Plan:**

#### **Chronic conditions**

Chronic conditions, with the exception of short term treatment of acute episodes of a chronic condition, the aim of which is to return you to the state of health you were in immediately before suffering the episode, or which leads you to full recovery. We strongly advise you to contact our Helpline to establish the extent of your cover in your particular circumstances before incurring any treatment costs.

#### **Dental surgery, dental prostheses, periodontics and orthodontic treatment**

Dental surgery, dental prostheses, periodontics and orthodontic treatment, with the exception of dental treatment as defined.

#### **HIV**

Human Immuno-deficiency Virus infection, AIDS or any associated psychiatric condition.

#### **Organ transplant**

#### **Pre-existing conditions**

#### **Prescription drugs and dressings**

Prescription drugs and dressings, unless prescribed for use whilst an in-patient or day-patient.

#### **Travel benefit**

Travel benefit is not available:

- For any travel costs which are above normal standard fares.
- For a parent to accompany a child who is 18 years of age or older.
- For incidental costs of travel, e.g. hotel accommodation or meals.
- When costs are covered by the Department of Health.

- When the treatment is not covered under your plan.
- When travelling has not been recommended by your consultant.
- When we have not agreed to all costs of travel prior to the journey.

### **Travel costs**

Travel costs related to out-patient consultations, except for post-operative consultations that cannot be carried out locally by a consultant.

### **Travel costs when treatment is available locally**

Travel costs to another Channel Island, the UK and France for hospital in-patient or day-care treatment, if the proposed treatment or any alternative treatment is available locally. However, please note that medical costs incurred will be refunded within the terms of your policy.

### **The following benefits**

- Medical evacuation or repatriation
- Oculomotor therapy
- Repairs to spectacles
- Repatriation of mortal remains
- Speech therapy



# NOTES





# Talk to us, we love to help!

If you have any queries, please do not hesitate to contact us:

24/7 Helpline for general enquiries and emergency assistance

 English:	+353 1 630 1301
German:	+353 1 630 1302
French:	+353 1 630 1303
Spanish:	+353 1 630 1304
Italian:	+353 1 630 1305
Portuguese:	+353 1 645 4040

**Toll free numbers:** [www.allianzcare.com/toll-free-numbers](http://www.allianzcare.com/toll-free-numbers)

*If you are not able to access the toll-free numbers from a mobile phone, please dial one of the Helpline numbers listed above.*


*Calls to our Helpline will be recorded and may be monitored for training, quality and regulatory purposes. Please note that only the policyholder (or an appointed representative) can make changes to the policy. Security questions will be asked of all callers to verify their identity.*


 Email: [client.services@allianzworldwidecare.com](mailto:client.services@allianzworldwidecare.com)

 Fax: + 353 1 630 1306

 Address: Allianz Care, 15 Joyce Way, Park West Business Campus, Nangor Road, Dublin 12, Ireland.

 [www.allianzcare.com](http://www.allianzcare.com)

 [www.facebook.com/allianzcare](http://www.facebook.com/allianzcare)

 [twitter.com/AllianzCare](https://twitter.com/AllianzCare)

 [www.youtube.com/user/allianzworldwide](http://www.youtube.com/user/allianzworldwide)

 [www.linkedin.com/company/allianz-care](http://www.linkedin.com/company/allianz-care)

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