

Health benefits and more through your employer



HSF health plan provides over 30 health benefits for you and your family to stay healthy. HSF health plan offers money back for dental and optical bills including new glasses, contact lenses and teeth whitening plus much more.

With premiums starting from **£1 a week**, there is a plan to suit every budget.



Dental

Including some cosmetic dentistry



Optical

Including contact lenses



Hospital stay

NHS & Private



Practitioner

Including Physiotherapy



GP Consult

24 hours a day



Vaccinations



Health screening



Prescription service



*Discounted cinema



*Discounted shopping



*Discounted gym membership



*Savings on days out

- **Dental** (including some cosmetic dentistry)
- **Optical** (including glasses, contact lenses and eye laser treatment)
- **Birth and Adoption Grants**
- **Payments if off work through injury** (up to 52 weeks after 30 days)
- **Practitioners** (including chiropody & physiotherapy)
- **Hospital Admissions**
- **HSF Assist[®] providing a range of services including:**
 - **GP Advice Line & Virtual Doctor**
 - **Counselling, Medical Information & Legal Helplines**

For more information call or text your HSF Account Executive

Hamid Raza
07968 216 035

or email hamid.raza@hsf.eu.com



*Offers available through HSF Perkbox are subject to change

Who are we?

HSF health plan is a health benefits provider with over 145 years of serving customers in the UK and Ireland. As well as a comprehensive range of schemes, to help ease you into your cash plan, we regularly have special offers our account executives will happily talk you through.

Who benefits and how?

HSF health plan provides affordable money back plans for you and your family. There are over 35 benefits. Some of these benefits include:

Optical bills cover (included but not limited to):

- Prescription Glasses (including designers frames)
- Varifocals
- Contact Lenses (including daily disposables)
- Prescription sunglasses.

Dental bills cover (included but not limited to):

- Teeth whitening (carried out by your dentist only)
- Crowns
- Veneers
- White fillings.

Through our cash plans, there are numerous ways to take care of everyday health expenses. Cover is available for the following; acupuncture, chiropody, chiropractic, homeopathy, osteopathy and physiotherapy. Specialist & Investigations include allergy testing and health screening, hospital overnight and day case payments.

Additional benefits:

- HSF Assist
- GP Advice Line
- Virtual Doctor
- Legal Helpline.

HSF Perkbox:

All policyholders receive HSF Perkbox as part of their benefits package. HSF Perkbox is renowned for money saving offers at favourite high street brands such as Argos, Debenhams, Odeon, River Island, Starbucks and Tesco's to name but a few. So now you can save money on your healthcare and save money on your shopping – it's a win-win situation.