

# Changes to your plan

An overview of the important changes to your healthcare insurance this time.



## The main changes

**We constantly review our plans and often make changes to update or clarify the cover for members. Here is the most significant change we've made this year – please read this alongside your handbook. You might see other changes in the handbook, but these don't affect your cover.**

### Access to the Mind Health service

Your plan now provides up to six telephone consultations with a psychologist through Mind Health. The service is available for certain conditions following a referral from the Virtual Doctor service on your plan.

› [See section 1.4 'Your cover' of your handbook](#)

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