

A woman with long red hair is smiling broadly, looking up at a young child with blonde hair and blue eyes who is sitting on her shoulders. The child is wearing a pink long-sleeved shirt and green overalls. They are outdoors near a body of water, with other people blurred in the background. The scene is captured in a warm, golden-hour light.

Adeslas PLENA range

**TO TAKE CARE OF WHAT  
IS MOST IMPORTANT**

Adeslas

# Always the best attention, wherever you are

At **Adeslas** we have developed the technological capacity so that any professional on our medical healthcare provider list can attend to you **virtually**, without you having to travel.

## Video-consultation or tele-consultation with your Adeslas doctor



Request an appointment with your **professional from the Adeslas medical healthcare provider list** and you can make your enquiries without having to attend in person.

## Private electronic prescription



Following the virtual (or face-to-face) appointment with your **Adeslas** doctor, you will receive a code **by email** to buy the medicines prescribed by your specialist at any pharmacy.

## Medical guidance chat



A service that will enable our customers to obtain **information and advisory services** on matters related with health in general, easily and rapidly.

## On-line authorisations



**Quicker and with a single photo at adeslas.es.** From your **Client Area** you can manage your authorisations for the performance of medical and diagnostic tests at any time.



# Adeslas PLENA range

## There's one to take care of your health and that of your loved ones

At **Adeslas** we know that everyone is different but, if there is one thing that doesn't differ, it is that we want to **take care of our health and of those that we love the most**.

That's what the **Adeslas PLENA** range is for, so that whoever you are or whatever you need, you can find an insurance policy that suits you.

## The fullest cover and the largest medical team

At **Adeslas** you get **extensive cover**, the most professional care with the **largest medical team**: 43,000 professionals and 1,200 care centres at your disposal, and the **assurance and reliability** of the number one health insurance company in the country.

 General medicine and specialists.	 Additional services such as travel assistance.
 Outpatient and inpatient emergencies.	 Reimbursement of costs for rehabilitation, physiotherapy and podiatry.
 High-tech diagnostic tools.	 IUD: cost of the device and fitting.
 Hospitalisation.	 Foetal DNA test with maternal blood.

# Adeslas PLENA VITAL

## Adapting to your needs is vital

**Adeslas PLENA VITAL** is an insurance with **low monthly payments** that offers you the best of private healthcare, with co-payments and a **maximum annual limit per insured party of €300**.

Only **€37 per insured person/month<sup>1</sup>**

# Adeslas PLENA

## The largest medical team for your peace of mind

An insurance with **affordable monthly payments** and low co-payments. **Adeslas PLENA** gives you access to private healthcare under the best conditions.

Only **€47 per insured person/month<sup>1</sup>**



# Adeslas PLENA PLUS

## The additional care your family needs

**Adeslas PLENA PLUS** gives you access, **without co-payments**, to all the advantages of private healthcare.

Only **€57 per insured person/month<sup>1</sup>**

# Adeslas PLENA EXTRA

## Extra care anywhere in the world

In addition to access to the extensive Adeslas medical team, **without co-payments**, with **Adeslas PLENA EXTRA** you can also choose any professional from outside the team, nationally and internationally, with an **80% reimbursement of costs** and an annual limit of €150,000 per insured person.

Only **€79 per insured person/month<sup>2</sup>**

1.- Premium (including taxes and surcharges) per insured person under 45 years of age per month, for new Adeslas Plena Vital, Plena and Plena Plus contracts taken out up to 31/12/2021 and applicable until the following insurance renewal.

2.- Premium (including taxes and surcharges) per insured person under 55 years of age per month, for new Adeslas Plena Extra contracts taken out up to 31/12/2021 and applicable until the following insurance renewal.

# Calculate your health index and look after yourself with Adeslas Salud y Bienestar



Discover **Adeslas Salud y Bienestar**, the **digital healthcare** platform that accompanies you in your daily activities to improve your lifestyle and pro-actively manage your health. Through this platform, you can access all of the following personalised services:



## Health index

Complete a brief questionnaire and you can discover your health index, as well as obtain numerous tips to discover areas of improvement in your lifestyle.



## Medical guidance

Contact a doctor by telephone, chat, email or video-consultation and resolve your general, paediatric or psycho-emotional doubts.



## Commitments and challenges

Connect your activity app or bracelet, set your own objectives or join our challenges and begin to accumulate kilometres.



## Personalised plans

Discover the virtual plans with which you can improve your diet, practice routine sports with a personal trainer, prevent and control diseases and learn about your family health to take care of your loved ones.



## Health coach

Monitor your illness with a medical professional that will guide and advise you.



## Second medical opinion

Contact a specialist to check diagnoses and obtain a second medical opinion.

What's more, **participate in challenges and plans to obtain exchangeable points** for healthy experiences or donations to charity organisations and keep up to date with all our health contents in our blog and in our newsletter.

Gain access to all these services by visiting the **adeslassaludybienestar.es** webpage or download the **Now you! Healthcare and Well-being app**



# Adeslas

adeslas.es

For more information and contracting

This is an information brochure with no contractual value. Information subject to the company's underwriting and contracting conditions, available at [adeslas.es](https://adeslas.es).

**Health insurance from SegurCaixa Adeslas, SA de Seguros y Reaseguros, with registered address at Paseo de la Castellana, 259 C (Torre de Cristal), 28046 Madrid, with Tax Number (NIF) A28011864 and entered in the Register of Companies of Madrid, volume 36733, folio 213, page M-658265.**