

## HEALTH INSURANCE TAILORED TO YOUR NEEDS



### SMILE HEALTH

If your primary concern is dental medicine, this is for you:

- Network in Portugal and Spain
- The most frequent procedures are often free when carried out in Portugal: consultations, a number of exams, simple extractions, and x-rays
- Daily hospitalisation allowance
- Wellness network
- At-home medical care



### +55 HEALTH

If you are aged 55+, the Light option offers

- Access to the AdvanceCare medical, dental medicine and wellness networks
- Unlimited at-home consultations and nursing services
- Daily hospitalisation allowance
- Domestic help in the event of an illness

The Valor Mais option also includes:

- Hospitalisation coverage
- 6 consultations and a check-up
- Second medical opinion
- Medical assistance abroad



### HEALTH SUBSYSTEMS ADD-ON

We also offer three options to those who want to complement their subsystem (e.g. ADSE or SAD):

- **Option I** - Hospitalisation (15.000 €)
- **Option II** - Hospitalisation (15.000 €) and Outpatient treatments (1.000 €)
- **Option III** - Hospitalisation (15.000 €), Outpatient treatments (1.000 €) and Childbirth (500 €).



# 210 127 228

Customer Service  
9h00/19h00 - Working days  
clientes@tranquilidade.pt

### CONTACT YOUR AGENT

You can also visit one of our agencies or [tranquilidade.pt](https://tranquilidade.pt)



FIND OUT MORE

If you are our customer find out more through the **Tranquilidade App**



### Find out more about this insurance product

Portuguese law requires that you also read the pre-contractual and contractual information related to this product.

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Generali Seguros, S.A.  
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# HEALTH

Insure your wellbeing



## PREVENTION IS THE BEST MEDICINE

Do you share our belief that it's better to be safe than sorry? Then our health insurance is for you! Access the comprehensive **AdvanceCare** network, as well as the quality and expertise of the **Champalimaud Foundation**. We have your wellbeing at heart.



### ADD OUR EXTRA OPTION TO YOUR EXISTING INSURANCE, WHATEVER THE BRAND



The Extra option complements any health insurance with additional capital for the most challenging situations and a targeted cancer prevention and treatment programme.





### UPGRADE YOUR INSURANCE WITH STATE-OF-THE-ART CANCER DIAGNOSTIC TOOLS

Tranquilidade has partnered with the Champalimaud Foundation to offer you the most innovative cancer prevention diagnostic tools and to guarantee assistance and comfort should you require treatment:

- "Onco-risco", the prevention programme that includes a personalised diagnosis and healthcare plan
- Higher insured sums for cancer treatment
- Online psychology consultations
- Online nutrition consultation for cancer patients
- Laundry and ironing services
- Home delivery of meals and groceries
- Courier delivery service
- Babysitting
- Take me home – we send a driver when you're incapacitate

## PROTECT YOURSELF AND YOUR LOVED ONES WITH OUR BASE, MAIS, TOP AND EXTRA OPTIONS

COVERAGE	BASE			MAIS			TOP	EXTRA
	BASE	BASE XL	BASE XXL	MAIS	MAIS XL	MAIS XXL		
Hospitalisation (includes surgery and cancer treatment)	15.000€			75.000€			500.000€	150.000€
Childbirth (included under hospitalisation)	-	-	-	✓	✓	✓	✓	-
Outpatient treatments (consultations, exams and medical tests)	-	8 consultations, 2 exams and 2 medical tests	1.000€	2.500€			5.000€	-
Dental treatment (reimbursement)	-	-	-	-	250€	500€	1.000€	-
Prostheses and Orthotics	-	-	-	-	-	2.000€	2.500€	-
Glasses and lenses	-	-	-	-	-	250€	250€	-
Drugs and medication	-	-	-	-	-	-	1.000€	-
Serious illness	Optional 1.000.000€			Optional 1.000.000€			1.000.000€	Optional 1.000.000€
 Cancer hospitalisation and treatment at the Champalimaud Foundation	-	-	-	-	-	-	150.000€	150.000€
 Onco-risco programme	-	-	-	-	-	-	✓	✓
Assistance services for the cancer patient	-	-	-	-	-	-	✓	✓
International coverage	-	-	-	-	-	-	✓	✓

The Extra option hospitalisation cover has a 10.000 € deductible; this amount may be paid through a different health insurance, either Tranquilidade or another insurer.



### SERVICES INCLUDED IN THE BASE, MAIS, AND TOP OPTIONS

- Online physician
- At-home medical care: physician, nurse, and medicine delivery
- Discounts of up to 65% on the market price of health services across all AdvanceCare networks in Portugal: Medical, Dental, and Wellness
- Assistance to Persons
- Second medical opinion
- Reimbursement of medical expenses incurred in Spain



### HERE'S HOW YOU CAN SAVE EVEN MORE ON YOUR HEALTH INSURANCE

- Discount for yearly or half-yearly payment
- Higher discounts if you include more family members
- Bundle all your insurance with us and enjoy further discounts



### ONLINE REIMBURSEMENT IN 72 HOURS

Through myAdvanceCare online or in the app: fast, easy and convenient.