



Irish Life

# INTRODUCING DIGITAL DOCTOR

A GP SERVICE, WHEN YOU NEED IT



For members of group insurance plans

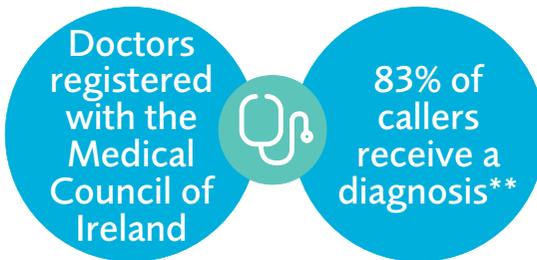
## FULLY QUALIFIED MEDICAL ADVICE

---

When you need medical advice and assistance, your GP's surgery is the natural place to visit. But what if you're pressed for time? Or maybe you're away from home?\*

You can contact the Irish Life Digital Doctor 24/7 and arrange an appointment to speak with a qualified and experienced doctor who is registered with the Medical Council of Ireland.

You'll get clear, expert guidance about anything you'd normally discuss with your own GP.



What if your preference is for a face-to-face consultation, given your condition?

Then Digital Doctor lets you make an appointment for a face-to-face discussion from wherever you are in the world via the camera on your smartphone, tablet, laptop or desktop, or by calling 1890 710 010 (or +44 203858 3890 from outside Ireland). This may help the doctor to provide a diagnosis and advise on the most appropriate course of action.

\*The best course of action with emergency cases is to contact the emergency services in the area.

\*\*Represents the average outcome of consultations that resulted in diagnosis and advice where the patient did not need to see another medical professional.



You can speak to a GP **24/7**

# HOW TO ACCESS DIGITAL DOCTOR

Irish Life has made this service available which is provided by Medical Solutions UK Limited. Your use of this service is between you and Medical Solutions UK Limited. Irish Life will not have any access to your data or use of this service. There are a range of services offered which we hope will be of benefit to you.

To access Digital Doctor you will need a PIN. See page 7 for details on where to find your PIN.

## BOOK AN APPOINTMENT



Call Digital Doctor to make an appointment  
**1890 710 010**



Call Digital Doctor from outside Ireland  
**+44 203 858 3890**

To access full details of Digital Doctor services available please go to: [www.irishlifecorporatebusiness.ie/digital-doctor](http://www.irishlifecorporatebusiness.ie/digital-doctor). You can add this link to your home screen for easy access as follows: See information below for your device.

### iOS DEVICE

In your mobile web browser click on the option at the end of your screen to **Add to Home Screen**



### ANDROID DEVICE

In your mobile web browser click the top right icon(see below) and select **Add to Home Screen**



### LAPTOP DESKTOP

Right click to display the menu and select **Create Shortcut**. The Digital Doctor link will now appear on your **Home Screen**



# DIGITAL DOCTOR



## MESSAGE DOCTOR

---

Want to message a doctor? If your condition or question is simple and straightforward, send our friendly and experienced doctors a short message 24/7, with the option to attach an image for quality advice and reassurance.

 **Go to: [www.irishlifecorporatebusiness.ie/digital-doctor](http://www.irishlifecorporatebusiness.ie/digital-doctor), select Message Dr.**

Fill out the simple form on your smartphone, laptop, desktop or tablet and one of our doctors will respond to you via email on the best course of action.

## OPEN REFERRAL LETTERS

---

With Digital Doctor, you can receive an open referral letter (for A&E and Consultant Care) if appropriate, promptly by email or if necessary, we can post a referral letter to you.

## PRESCRIPTION SERVICE

---

If the doctor feels it is medically required, Digital Doctor will arrange a prescription to be sent directly to your pharmacy (by fax). You then simply collect and pay for your medication as normal in your pharmacy.



The prescription can be faxed to your local pharmacy between:

**08.30 - 22.00 Monday to Friday,**  
**08.00 - 20.00 on Saturdays & 10.00 - 18.00 on Sundays.**

Outside these hours, your prescription will be faxed the next working day.

## OTHER SERVICES

---

Digital Doctor offers far more than simply access to expert medical advice. The link also gives you access to:



### HEALTH MONITOR

To record consultations, allergies and key personal medical information.



### LOCAL HEALTH SERVICES GUIDE

Listing key medical services including GP and dental surgeries, pharmacies and more.



### ACCESS INFORMATION YOU CAN TRUST

Facts on over 1100 conditions and treatments plus advice on fitness and nutrition.



### MAPMYFITNESS LINK

To track and assess your fitness in precise detail by linking to Under Armour's MapMyFitness app.



# DIGITAL DOCTOR KEY QUESTIONS

## WHO PROVIDES THIS SERVICE?

This service is provided by Medical Solutions UK Ltd. Medical Solutions UK Ltd has been providing quality 24/7 GP services since 1998 and currently services 3.5 million people.

## WHAT IS IRISH LIFE'S ROLE?

We provide access to the Digital Doctor service for members of group risk plans. We do not have access to any information provided.

## WHO WILL I SPEAK TO WHEN I CALL?

When you first call, you'll speak to a specially trained operator who takes some details and arranges for a GP to call you back.

## WHAT SORT OF THINGS CAN I ASK ABOUT?

Pretty much anything you'd ask your own GP - for example, about any vaccinations you might need if you're travelling, health issues related to your age or any other health-related queries you might have.

## WILL I STILL NEED TO SEE A GP?

If you have symptoms which require a physical examination then we advise you to see your own GP.

The Doctor you speak to may also recommend attendance with your own GP if it is felt that a physical examination is necessary.

## IS THERE ANY LIMIT TO THE NUMBER OF CALLS?

No. You can call Digital Doctor any time you wish. There is no limit on the number of phone or online consultations.

## CAN I USE DIGITAL DOCTOR IF I'M PREGNANT?

If you are or may be pregnant, for your own wellbeing and that of your baby, we would recommend that you contact your own GP or midwifery service.

## WHAT DO I NEED TO ACCESS THE ONLINE SERVICE?

You simply need a computer or smartphone equipped with a dual camera and an internet connection. If you're using your smartphone, you will need to visit the Digital Doctor page at [www.irishlifecorporatebusiness.ie/digital-doctor](http://www.irishlifecorporatebusiness.ie/digital-doctor)

## CAN DIGITAL DOCTOR ISSUE A SICK CERT?

No, this isn't possible. If you think you need a sick cert, you should contact your own GP.



# DIGITAL DOCTOR KEY QUESTIONS CONTINUED

## WHAT IF I HAVE A QUERY ABOUT HOW THE SERVICE WORKS?

Contact Digital Doctor on 1890 710 010.

## WHAT ABOUT CONFIDENTIALITY?

To ensure data security, Irish Life Corporate Business has a confidentiality agreement in place with Medical Solutions UK Ltd. The safeguarding of patient confidentiality is a fundamental principle of medical ethics.

GPs registered in Ireland, under their own codes of conduct (including those of the Medical Council of Ireland) have an obligation of doctor-patient confidentiality. Irish Life does not get any personal data about the users or knows who uses the service.

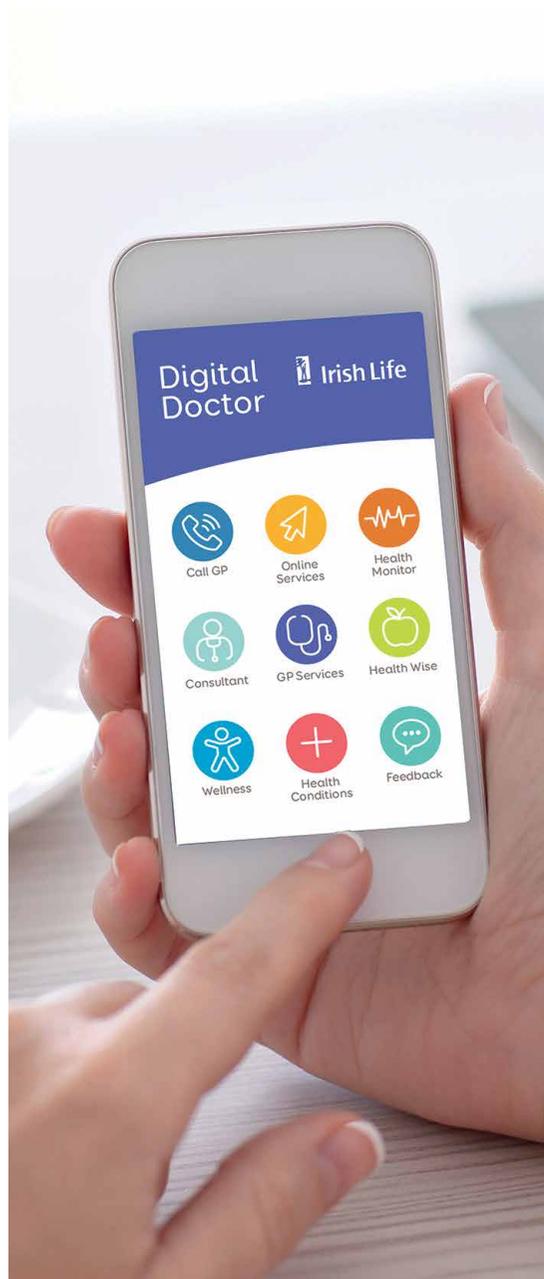
The same applies when you receive an online or phone consultation with Digital Doctor - confidentiality is both a patient's right and a doctor's duty.

## WHERE DO I GET MY PIN?

Your PIN can be found:

- On your scheme acceptance letter
- On your 'MyCornmarket' profile.

Visit [www.cornmarket.ie/my-cornmarket](http://www.cornmarket.ie/my-cornmarket), log in and go to the 'My Policies' page, then view your Salary Protection Scheme details. Your Pin is visible under the 'Disability Benefit' heading.



# DIGITAL DOCTOR AVAILABILITY



Call **1890 710 010** or  
**+44 203858 3890** from outside Ireland

When contacting Digital Doctor please have your PIN to hand.  
See page 7 for details on where to get your PIN.

## Book an appointment and speak to a GP over the phone

Normally, the GP appointment will take place within two hours of the initial call, unless you request otherwise.

365 days a year

## Face-to-Face Consultations\*

Monday-Friday 08.00 to 22.00  
Saturday 08.00 to 22.00  
Sunday 10.00 to 18.00

Request an appointment online\*  
Message Doctor online\*  
Prescription service online\*  
Referral service online\*

See page 2 for details on how to access Digital Doctor Online.

Monday-Friday 08.00 to 22.00  
Saturday 08.00 to 20.00  
Sunday 10.00 to 18.00

\*Excluding Christmas Day, St. Stephen's Day, New Year's Day and Easter Sunday.

## CONTACT DIGITAL DOCTOR

Call **1890 710 010** to make an appointment  
or call **+44 203858 3890** if calling from outside Ireland  
Visit [www.irishlifecorporatebusiness.ie/digital-doctor](http://www.irishlifecorporatebusiness.ie/digital-doctor)

In the interest of customer service we may record and monitor calls. Irish Life Assurance plc, Registered in Ireland number 152576, Vat number 9F55923G.

Information correct  
as of November 2020.



**Irish Life**