



Quick guide to the Dubai health plans

Just to let you know—you won't find complete information for the health plans in this guide, nor the full T&Cs, limitations, and exclusions that would apply if you purchase one. You can find these in the [personal health plan agreement](#) (or the [business health plan agreement](#), if your purchasing a plan for your employees) which we suggest you read with this guide.

Key benefits



Hospitals & clinics

Access to the best doctors in Dubai

Whether you need primary care or complex surgery, our networks include some of the best hospitals, doctors & clinics in the UAE.

Smartphone app

Take charge of your healthcare

In a couple of taps, search for hospitals & clinics, talk to your doctor by video link, and track payment of your claims.



Cancer treatment

We're tough on cancer

Our plans cover the latest cancer care, genome testing & post-diagnosis counselling. We're here for you when it matters most.

Mental health

Life can be challenging. We're here to help

Living & working away from your support network can be tough, so we cover your mental health consultations & treatment.



International cover

Out the office? Your plan's always working for you

We cover you on your travels outside of Dubai, whether for holidays, work, or returning home temporarily.

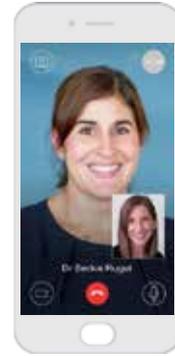
An app for your healthcare

Save time and money with a smartphone app for your healthcare. Speak to a doctor via video link. Search for hospitals and clinics in your network. Submit and track your claims. Check with a specialist for a second opinion. Keep your personal membership card safe. Receive push notifications for your health plan. **All in just a couple of taps.**

Video consultations

Speak to a doctor from anywhere in the world

After your consultation, we'll send you a complete medical report in-app, with your prescription if required



Find a hospital

Tap to see your nearest hospital & clinics

Understanding where you can and cannot receive treatment in Dubai can be confusing. With the app, you can search hospitals & clinics included in your medical network.

Submit your claims

Convenience when it comes to the admin

Use the app to send your claims directly to us, and we'll send you a notification when we've put the money in your bank account. You can also track the progress of claims for long-term medical conditions.



Get started today

Download the app, sign up, and take charge of your healthcare!



Download



Rate the app

Tailor your plan

Everyone's needs are different. Make your health plan work for you with optional benefits. Choose the network of hospital & clinics you wish to make use of. Purchase cover for temporary trips to the USA. **Put the finishing touches on your plan.**

Optional benefits

You can increase your cover for emergency medical evacuations and dental care. With a business plan, you can increase your employees' cover for optical care and maternity care.

Medical network

We work with hospitals and clinics in the UAE to give you quick access to doctors and nurses. We organise these hospitals and clinics into 'networks'. When you apply for a plan, you select which network you wish to make use of. The top level networks include the most expensive hospitals and clinics in the UAE, so selecting one of these networks will increase your premium.

Excesses and co-insurances

An excess is the fixed cash amount you pay towards a claim. You must choose one when you first apply for your health plan. You pay the excess for each visit to a medical practitioner. You can also choose a co-insurance, which is a fixed percentage you must pay towards the cost of certain claims. Choosing a higher excess or co-insurance will reduce your premium.

USA cover

The health plan don't cover medical treatment costs in the USA. You can add cover for temporary trips of up to 45 days, with no limit to the number of temporary trips you can make each year.

Payment frequency

When you apply for a health plan, you choose the frequency with which you pay your premium. You can pay annually, quarterly or half-yearly. Paying your premium annually is the cheapest option overall. If you pay quarterly or half-yearly, you'll pay a surcharge of 3%.

Additional resources



Personal health plans

[Guide to the Silver plan](#) [Guide to the Gold plan](#)

Health plans for businesses

[Guide to the Silver plan](#) [Guide to the Gold plan](#) [Guide to the Flex plan](#)

Applying for a plan

It's easy to apply for a health plan. Complete the online application form and we'll take care of the rest.

Choose a plan

1

Choose your health plan and any optional benefits you wish to add, then select your medical network, excess, and payment frequency.

Complete the online application form

2

Simply complete the online application form, which includes a brief declaration of your medical history for you and your family. We'll let you know if we need more information.

We'll send you an acceptance invitation

3

We'll review your application and calculate the premium for your plan. We'll send you an invitation that sets out the terms on which we can welcome you or your employees as members.

Download the app

4

Download the member app to your smartphone.

Any questions?

Call **+971 4 269 7709** or email enquiries@globalplans.ae.

We're the insurance partner of choice for many people living and working abroad.

