



HMCA & INMO

– a 25 year affinity partnership

Since 1989 Hospital and Medical Care Association has provided a range of membership benefits to members of INMO and their families

MANY INMO members have subscribed to a range of plans including the popular Cash Income Protection Plan that provides income protection and generous maternity benefit.

HMCA was formed in 1978 as a specialist provider of membership benefits and our success relies on the quality of plans which are all supported by a first class customer service and claims handling team. All of the plans are offered on a voluntary and optional basis and as part of your membership with the INMO.

As part of our affinity partnership with INMO, HMCA have also contributed to the

INMO Benevolent Fund (IBF) which we are delighted to help support. Once a member has subscribed to a plan then HMCA pays a sponsorship payment which forms part of a contribution to the IBF fund.

HMCA are continuously looking at new products to provide to members that are cost effective and will provide necessary protection when needed. We have recently introduced the Life Extra Plan to enhance the existing range of plans available. This is low cost and designed to offer a lump sum to assist with unforeseen bills due to death caused by accident or sickness.

The full range of plans for INMO members include:-

- Hospital Cash Accident Plan
- Hospital Cash Income Protection Plan
- Life Extra Plan
- Personal Accident Protection Plan
- Travel Plan
- Vehicle Breakdown Recovery Club.

You can visit the HMCA website at www.hmcaireland.ie or enquire online at www.hmcaireland.ie/inmo.htm for full details on all of the plans. You can also phone the office in Dublin at Tel: 01 6130316 for an informal discussion on your requirements.

Win a luxurious Great Escape for two in The Cliff House Hotel, Ardmore – a relaxing midweek getaway

CLIFF HOUSE
HOTEL

Mix up your midweeks, shake up the normal state of affairs and take a break from the usual with a midweek getaway to The Cliff House Hotel overlooking Ardmore Bay in West Waterford. The intimate, five star holiday hideaway is offering one lucky *World of Irish Nursing and Midwifery* reader the chance to win a fabulous prize of a luxurious midweek stay for two.

The prize includes one night's accommodation allowing you to swap the usual morning traffic jam for a peaceful cliff walk or a stroll through the pretty village and the alarm clock's annoying call in the morning for the sound of the waves crashing in Ardmore Bay below your room with a view.

Set in Ireland's gourmet heartland, lose the boring office lunches as you'll also savour a delicious evening meal freshly prepared using some of the region's most fêted and exquisite food.

Forget about drowning in paperwork during your stay and take a leisurely swim in the pool instead, or a bubbly dip in the hot tub, or even a seaweed bath in side by side baths outdoors, breathing in the fresh sea air while soaking in a hot bath infused with revitalising, natural products.

Make choosing a book to read from the hotel's interestingly stocked shelves the most stressful decision of your day and enter now to be in with a chance to win a 'great escape' to The Cliff House Hotel for the perfect short escape.

The Cliff House Hotel, Ardmore, Co. Waterford. T: +353 (0) 24 87 800. www.thecliffhousehotel.com

**Terms and Conditions: Prize available to take from Sunday-Thursday ONLY.
Prize is subject to availability and non-transferable.**

To enter send this form to: Cliff House Giveaway, MedMedia Ltd, 25 Adelaide St, Dun Laoghaire, Co Dublin.

Closing Date: February 14, 2014. Winner will be announced in next issue.

Name: Phone no:

Address:

