

## REIMBURSEMENTS OVERVIEW AS OF 01/01/2022

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### **‘Nationale-Nederlanden Jij & Vitaal’ additional insurance package (model number: 6700130)**

#### **version 1**

The reimbursements provided by the ‘Nationale-Nederlanden Jij & Vitaal’ additional insurance package are summarised in the Reimbursements Overview below.

This is an additional mixed insurance package. Please refer to clause C.2.2 of the Terms and Conditions of Health Insurance and Additional Insurance Packages.

In-kind healthcare is subject to different reimbursements for healthcare provided by a healthcare provider who has a contract with us and for healthcare provided by a non-contracted healthcare provider. This overview lists the reimbursement percentages for the healthcare in question. All other healthcare is provided on a refund basis.

This Reimbursements Overview contains several columns:

- the centre column, ‘Amount reimbursed’, contains amounts, quantities, hours and/or reimbursement periods. These are always the maximum amounts, quantities, hours and/or reimbursement periods. The reimbursement percentages are calculated in accordance with the statutory rates, agreed rates or the market rates applicable in the Netherlands. For more information, please refer to clause A.20.
- there is a number in the last column, ‘Terms and conditions’. This number refers to a clause in the Terms and Conditions of Health Insurance. This clause specifies the terms and conditions which you need to meet in order to receive the reimbursement in question.

| <b>What is reimbursed</b>                                      | <b>Amount reimbursed</b>   | <b>Terms and conditions</b>                 |
|--|--|---|
| <b>Alternative treatment methods</b>                           |  |   |
| Alternative treatment methods                                  | €350 per year for Alternative and/or psychosocial treatments (€50 per day) and medicines (100%) combined   | <b>D.7.</b><br>D.7.<br>D.7.1. and<br>D.7.2. |
| <b>Urgent care abroad</b>                                      |  |   |
| Urgent care abroad   | 100% of the claimed rate outside the Netherlands/your country of residence   | <b>D.14.</b><br>D.14.a.                     |
| - Urgent oral care abroad                                      | €275 per year  | D.14.b.                                     |
| - Repatriation   | 100% (in the event of illness)   | D.14.c.                                     |
| <b>Physiotherapy and/or Cesar/Mensendieck exercise therapy</b> |  |   |
| Physiotherapy and exercise therapy                             | 10 sessions per year (100% of the agreed rate for healthcare providers with a contract for this healthcare; for non-contracted healthcare providers, 75% of the bill up to max. 75% of the average rate agreed with contracted healthcare providers) | <b>D.16.</b><br>D.16.1.                     |
| <b>Mental healthcare</b>                                       |  |   |
| Mindfulness training   | €150 per year for 1 online course  | <b>D.6.</b><br>D.6.8.                       |
| <b>Medical aids</b>  |  |   |
|  |  | <b>D.4.</b>                                 |

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| What is reimbursed                       | Amount reimbursed  | Terms and conditions                                     |
|--|--|--|
| Medical aids                             | per year €250 of the statutory personal contribution and/or of the amount above the max. reimbursement provided by the general insurance policy  | D.4.1.   |
| Glasses and contact lenses               | €150 per 3 years   | D.4.7.a/b/c  |
| <b>Informal care</b>                     |  |  |
| Carer course                             | €150 once per insured person   | D.24.1.  |
| Carer relief                             | 14 days per year for the carer and/or the recipient of the informal care   | D.24.2.b.  |
| Informal care broker                     | 7 hours once per carer   | D.24.3.  |
| <b>Oral care</b>                         |  |  |
| Oral care from the age of 18             | €350 per year  | D.8.1. to D.8.4.   |
| Oral care in the event of an accident    | €10,000 per accident   | D.8.6.   |
| <b>Prevention</b>                        |  |  |
| Flu jab                                  | once a year  | D.2.2.i.   |
| Vitality budget                          | €500 per year for the following healthcare combined:<br>Exercise programme for certain medical conditions;<br>Consultation on menopause, PMS or cancer (e.g. breast cancer);<br>'Slaap Lekker' (Sleep Well), 'Sterk in Werk' (Strong at Work), 'Veerkracht' (Resilience) or 'Over gewicht' (About weight) e-Health online intervention (incl. follow-up modules);<br>Vitality/lifestyle coaching;<br>Dietary advice. | D.22.2.<br>D.2.5.a./b.<br>D.2.2.g.<br>D.2.2.p.<br>D.2.7. |
| Vitality/lifestyle check                 | 1x per year online vitality/lifestyle questionnaire, (online) coaching appointment and physical preventive examination   | D.2.2.o.   |
| <b>Non-standard terms and conditions</b> |  |  |
| 'Meegroeiservice'                        |  | C.11.<br>C.11.3.8.                                       |