

REIMBURSEMENTS OVERVIEW AS OF 01/01/2022

‘Nationale-Nederlanden Fit’ additional insurance package (model number: 6700132) version 1

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

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.

What is reimbursed	Amount reimbursed	Terms and conditions
Mental healthcare		
‘Vitalmindz’ online psychological programme	One programme from among ‘Werkstress’ (work stress), ‘Angst en paniek’ (anxiety and panic), ‘Stoppen met piekeren’ (stop worrying) or ‘Depressie’ (depression) per year	D.6. D.6.6.
Prevention		
Health course	€150 per year (incl. exercise programme)	D.2.8. and D.22.1.
Preventive examination	€150 per year for these examinations combined: once per year an examination to identify risk factors related to cardiovascular disease; once per year an examination to identify complaints restricting the ability to work; 100% for a basic health-check incl. finger-prick blood sample for cholesterol profile and diabetes profile	D.2.2. D.2.2.a. D.2.2.d. D.2.2.c.
Sports medicine-related advice	€150 per year	D.2.6.