



# Package Comparer Health Insurance 2022 of Nationale-Nederlanden Zorg

Valid from 1 January 2022



# Overview of the reimbursements in 2022

**This package comparer provides an overview of the reimbursements for basic insurance and supplementary insurance for 2022. It is an easy way to compare the different types of insurance. Only the insurance policies that can be taken out in 2022 are included.**

## Basic insurance

The government determines the reimbursements under the basic insurance plan. Nationale-Nederlanden has made agreements on rates with most healthcare providers. Nationale-Nederlanden reimburses in full the bill you receive from these healthcare providers. Do you go to a healthcare provider with whom Nationale-Nederlanden does not have an agreement, we will also reimburse the bill in full, unless it concerns the costs of Physiotherapy, Mental Health Care (GGZ) or District Nursing (Wijkverpleging) from non-contracted care providers. Then we reimburse a maximum of 75%. Very occasionally, however, we receive a bill from a healthcare provider that is unreasonably high. We are prohibited by law from reimbursing such a bill. Fortunately, this almost never happens. When you see '100%' in the package comparer, it means that this type of healthcare is insured. In the columns headed 'excess' and 'personal contribution' you will see whether the insured care will be set off against any amount outstanding on your excess or whether you have to pay a personal contribution on top of you excess. Your excess is € 385 in 2022. Only insured persons aged 18 and older pay the excess. The government fixes the amount of the compulsory excess and the personal contribution, which are independent of one another.

## Supplementary and dental insurance policies

If you would like more extensive coverage for certain elements of healthcare, you can opt for a supplementary insurance policy, with or without dental care. All amounts in the supplementary insurance policies are maximum amounts that apply per insured person per calendar year, unless otherwise stated. In every case, the healthcare provider/institution must be recognised by Nationale-Nederlanden.



## Package Comparer Health Insurance 2022 (for an explanation, please see page 3)

	Basic insurance		Supplementary insurance, individual or group						
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet	Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
<b>Alternative healing and remedies</b>									
Total reimbursement alternative healing and remedies				€ 250,-	€ 500,-	€ 250,-	€ 350,-	€ 250,-	€ 350,-
Alternative healing				€ 50,- per day	€ 50,- per day	€ 25,- per day	€ 50,- per day	€ 50,- per day	€ 50,- per day
Alternative remedies (registered as homeopathic or anthroposophic medication)				100%	100%	100%	100%	100%	100%
<b>Delivery and maternity care</b>									
<b>Delivery</b>									
Hospital delivery on medical grounds	100%								
Hospital or maternity centre delivery without medical grounds	100%	Personal contribution							
Use of delivery room	100%								
Obstetric care by a midwife, general practitioner or specialist	100%								
Statutory personal contribution for hospital delivery			€ 100,-	€ 150,-	€ 175,-				
<b>Maternity care</b>									
Maternity care in maternity centre or hospital without medical grounds	100%	Personal contribution							
Maternity care at home. You must apply no later than the end of the 4th month of pregnancy	maximum of 10 days	Personal contribution							
Maternity package	service								
Personal contribution maternity care			€ 100,-	€ 150,-	€ 175,-				
Incubator after-care			15 hours	15 hours	15 hours				

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Maternity care (continued)</b>									
Breastfeeding advice			€ 200,-	€ 200,-	€ 200,-				
Maternity care after hospitalisation			15 hours	15 hours	15 hours				
Additional maternity care (only on medical grounds). Prior consent required			5 x 3 hours	5 x 3 hours	5 x 3 hours				
Maternity care for adopted child younger than 6 months. Prior consent required			3 x 3 hours	3 x 3 hours	3 x 3 hours				
<b>Fertility treatments</b>									
IVF/ICSI and the associated hormonal preparations at a government-approved institution (for women up to the age of 43)	attempts 1, 2 and 3	Excess							
Other fertility treatments	100%	Excess							
<b>Prenatal screening</b>									
On medical grounds: NIPT	100%	Possible							
Without medical grounds: Combination test			100%	100%	100%				
<b>Other</b>									
Monitoring equipment to prevent cot death. Prior consent required			100%	100%	100%				
Childbirth course (per pregnancy)			€ 200,-	€ 200,-	€ 200,-				
BirthTENS (pain management). Prior consent required			100%	100%	100%				
<b>Glasses/ contact lenses/ eye laser treatment</b>									
Glasses/contact lenses/eye laser treatment					€ 100,- every 2 years	€ 100,- every 2 years			€ 150,- every 3 years

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Abroad</b>									
Area of coverage			world	world	world	world	world	world	world
Non-emergency assistance abroad. Prior consent required for hospitalisation	100% in accordance with Dutch rate	Excess							
Emergency assistance abroad	100% in accordance with Dutch rate	Excess	supplemented to 100%	supplemented to 100%	supplemented to 100%	supplemented to 100%	supplemented to 100%	supplemented to 100%	supplemented to 100%
<b>Helpline</b>									
• Travel by physician			service	service	service				
• Repatriation of patients/injured persons			service	service	service	service	service	service	service
• Repatriation of deceased			€ 6.000,-	€ 6.000,-	€ 6.000,-				
• Sending medicines			100%	100%	100%				
• Telecommunication costs			€ 350,-	€ 350,-	€ 350,-				
Emergency dental treatment from the age of 18			€ 250,-	€ 250,-	€ 250,-	€ 275,-	€ 275,-	€ 275,-	€ 275,-
Vaccinations for travel abroad			€ 250,-	€ 250,-	€ 250,-	100% for malaria and typhoid tablets and inoculation (see conditions)			
<b>Pharmaceutical care</b>									
Diet preparations (for certain medical conditions)	100%	Excess							
Drugs such as antibiotics	in accordance with drug reimbursement system	Excess. Personal contribution possible (you will find the maximum reimbursement and exceptional personal contribution in the drug reimbursement system)							

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	Basic insurance		Supplementary insurance, individual or group				Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet					
<b>Pharmaceutical care (continued)</b>										
Contraceptives (pill, coil, diaphragm) up to the age of 21	in accordance with drug reimbursement system	Excess. Personal contribution possible (you will find the maximum reimbursement and exceptional personal contribution in the drug reimbursement system)								
Contraceptives (pill, coil, diaphragm) from the age of 21			€ 200,-	€ 200,-	€ 200,-	€ 200,-	€ 200,-	€ 200,-		
Compensation for statutory personal contribution under drug reimbursement system					€ 150,-					
Compensation for statutory personal contribution for contraception up to the age of 21			100%	100%	100%					
Other medications					€ 150,-					
<b>Informal care</b>										
Replacement informal care			14 days per year	14 days per year	14 days per year	14 days per year	14 days per year	14 days per year	14 days per year	14 days per year
Course in informal care			single payment of € 150,-	single payment of € 150,-	single payment of € 150,-	single payment of € 150,-	single payment of € 150,-	single payment of € 150,-	single payment of € 150,-	single payment of € 150,-
External informal care broker (once during the term of the policy)			7 hours	7 hours	7 hours	7 hours	7 hours	7 hours	7 hours	7 hours

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Recovery, accommodation and after-care</b>									
Convalescent homes. Prior consent required			€ 250,-	€ 500,-	€ 1.000,-				
Childcare during hospitalisation. Prior consent required			€ 200,- per year per family from the 10th day of hospitalisation	€ 200,- per year per family from the 10th day of hospitalisation	€ 200,- per year per family from the 10th day of hospitalisation		€ 250,- per year per family from the 10th day of hospitalisation	€ 250,- per year per family from the 10th day of hospitalisation	
Therapeutic (holiday) camp for children (for certain indications)			€ 200,-	€ 200,-	€ 200,-				
Accommodation allowance (€ 75 per night) for continuous treatment without admission (instead of reimbursement patient transport)	100%	Excess and Personal contribution							
Short-term stay in healthcare institution (for example, a health clinic or nursing home)	100%	Excess							
Accommodation costs at the guest house rate (for example, Ronald McDonaldhuis)			€ 200,-	€ 200,-	€ 200,-		€ 200,-	€ 200,-	€ 200,-
Trauma processing (work-related)			100%	100%	100%				
Assistance with recovery	service								
Nursing and personal care (community nursing). Prior consent required if you are seeing a healthcare provider with whom Nationale-Nederlanden has not made an agreement.	100%								
Nursing and care as a result of medical care for children up to 18 years	100%								
<b>Hospice</b>									
Personal contribution hospice				€ 500,-/ € 30,- per day	€ 1.000,-/ € 30,- per day				



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	Basic insurance		Supplementary insurance, individual or group				Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet					
<b>Skin therapy (prescribed by a physician)</b>										
Acne treatment			€ 200,-	€ 200,-	€ 200,-	€ 230,-		€ 250,-		
Camouflage therapy (once during the term of the policy)				€ 100,-	€ 150,-			€ 250,-		
Depilation or laser treatment (facial/neck hair removal) (once during the term of the policy)				€ 500,-	€ 750,-		€ 250,-	€ 250,-	€ 250,-	
UVB light therapy equipment (purchase or rental costs). Prior consent required	100%	Excess								
<b>General practitioner</b>										
Care provided by general practitioner	100%									
Preventive foot care for diabetic patients	100%									
Combined lifestyle intervention (upward of 18 years)	100%									
<b>Medical care aids</b>										
Aids (such as wigs, hearing aids)	see Medical Aids Regulations	Excess, except when on loan. Personal contribution possible (you will find the maximum reimbursement and the exceptional personal contribution in the Medical Ads Regulations.								
Personal contribution medical aids basic insurance				€ 200,-	€ 500,-		€ 250,-	€ 250,-	€ 250,-	
Head cover other than a wig				€ 75,-	€ 75,-					
Personal alarms			€ 100,-	€ 150,-	€ 200,-					
Epilepsy alarm				100%	100%					
Bed-wetting alarm (purchase or rental for up to 4 months)			100%	100%	100%					



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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Medical care aids (continued)</b>									
Cranial helmets for certain indications			100%	100%	100%				
Support soles				€ 100,-	€ 150,-	€ 60,-			
Therapeutic sport braces			€ 150,-	€ 150,-	€ 150,-				
Modified lingerie after a mastectomy (once during the term of the policy)			€ 90,-	€ 90,-	€ 90,-	€ 90,-			
<b>Medical specialist care</b>									
Thrombosis service	100%	Excess							
Transplants (organs/tissue)	100%	Excess							
Audiological care (by an approved audiological centre)	100%	Excess							
Genetic testing and advice	100%	Excess							
Correction of the position of the ears. Prior consent required					100%				
Sterilisation for men				€ 400,-	€ 400,-	€ 400,-	€ 400,-		
Sterilisation for women				€ 1.250,-	€ 1.250,-	€ 1.250,-	€ 1.250,-		
Second opinion from a doctor	100%	Excess							
Rehabilitation	100%	Excess							
Surgical treatment for snoring					100%				
Machine-assisted breathing	100%	Excess							
Cosmetic surgery once per insurance period. Prior consent required									
Help during the treatment of children with cancer (SKION)	100%	Excess							
Specialist geriatric medicine	100%	Excess							
Mentally disabled doctor	100%	Excess							

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Dental care</b>									
Accident coverage oral care			€ 10.000,-	€ 10.000,-	€ 10.000,-	€ 10.000,-	€ 10.000,-	€ 10.000,-	€ 10.000,-
<b>Dental care up to the age of 18</b>									
Check-up (possibly several times a year on an indication from the dentist)	1x per year								
Fluoride treatment	2x per year								
Other dental care. With the exception of crowns, bridges, implants, bleaching of teeth and orthodontics	100%								
Crowns and bridges			€ 500,-	€ 500,-	€ 500,-				
<b>Dental care from the age of 18</b>									
						75% up to € 250,- for following care together	100% up to € 250,- for following care together	100% up to € 250,- for following care together	100% up to € 350,- for following care together
Replacement of incisors or eyeteeth (up to the age of 22, if permanent incisors or eyeteeth have not appeared or if they are missing due to an accident before the age of 18)	100%	Excess							
1st and 2nd preventive check-ups						75%	100%	100%	100%
Other dental care						75%	100%	100%	100%
Partial prosthesis or frame prosthesis						75%	100%	100%	100%
Crowns and bridges						75%	100%	100%	100%
Complete dentures (upper and/or lower)	75%, 1x per 5 years	Excess. Personal contribution 25%							
Repairs and rebasing (filling) complete dentures (upper and/or lower)	100%	Excess Personal contribution 10% of the total costs							

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Dental care from the age of 18 (continued)</b>									
Compensation for personal contribution complete dentures (upper and/or lower)			€ 200,	€ 200,	€ 200,	75% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance
<b>Dental care in exceptional cases</b>									
For certain indications/disabilities. Prior consent required	100%	Excess							
<b>Orthodontics</b>									
Orthodontics up to the age of 18				80% / € 1.000,- (once during the term of the policy)	80% / € 1.750,- (once during the term of the policy)			33% of the bill annually	
Orthodontics in exceptional cases (for certain indications). Prior consent required	100%	Excess							
<b>Implants (for certain indications). Prior consent required</b>									
Reimbursement dentist and oral surgeon	100%	Excess							
Additional outpatient clinic and clinic costs (hospital)	100%	Excess							
Lower denture on implant	100%	Excess. Personal contribution 10% of the complete implant				75% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance
Upper denture on implant	100%	Excess. Personal contribution 8% of the complete implant				75% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance	100% of the personal contribution basic insurance

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	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet	Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
<b>Therapies</b>									
<b>Physiotherapy up to the age of 18</b>									
Physiotherapy and Cesar/ Mensendieck exercise therapy, per indication. Prior consent required if you are seeing a healthcare provider with whom Nationale-Nederlanden has not made an agreement.	maximum of 9 (if result is inadequate, maximum of 9 extra) treatments								
Physiotherapy for indications that appear on the government's list of medical disorders. See <a href="http://www.nn.nl/zorgverzekering">www.nn.nl/zorgverzekering</a> . Prior consent required	100%								
<b>Physiotherapy from the age of 18</b>									
From the 21st treatment for indications that appear on the list of medical disorders. See <a href="http://www.nn.nl/zorgverzekering">www.nn.nl/zorgverzekering</a> . Prior consent required	100%	Excess							
Physiotherapy for osteoarthritis in the hip and knee	12 treatments	Excess							
Physiotherapy for stage 2 intermittent claudication (Supervised Walking Therapy, SWT)	37 treatments	Excess							
Pelvic therapy for urinary incontinence)	9 treatments	Excess							
Exercise therapy for COPD stadium II or higher (numbers of treatments dependent of GOLD classification)									
• Class A - first year of treatment	5 treatments	Excess							
• Class B1 - first year of treatment	27 treatments	Excess							
• Class B1 - from second year of treatment	3 treatments	Excess							
• Class B2, C en D - first year of treatment	70 treatments	Excess							
• Class B2, C en D - from second year of treatment	52 treatments	Excess							

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Physiotherapy for all ages</b>									
Physiotherapy and Cesar/Mensendieck exercise therapy			6 treatments	9 treatments	24 treatments	12 treatments	10 treatments	10 treatments	10 treatments
Screening physiotherapy			100%	100%	100%	100%	100%	100%	100%
<b>Occupational therapy</b>									
Occupational therapy	10 hours	Excess							
Occupational therapy up to the age of 18, in addition to the basic insurance coverage			2 hours	2 hours	2 hours				
Instruction and guidance for carers of the insured persons receiving occupational therapy			2 hours	2 hours	2 hours				
<b>Other</b>									
Speech and stutter therapy	100%	Excess							
Sensory care for disabled persons	100%	Excess							
Foot treatment and advice in the event of medical indication of rheumatoid arthritis or severe vascular problems in the legs. Prior consent required				€ 100,-	€ 150,-				
Foot treatment in other situations (by chiropodist or podiatrist, prescribed by a physician)				€ 100,-	€ 150,-	€ 70,-			
Dietetics	3 hours	Excess		€ 100,-	€ 150,-				
Hydrotherapy for babies						€ 150,-			
<b>Prevention</b>									
Stop smoking programme	100%								
Programmes dealing with symptoms of depression and alcohol abuse	100%	Excess							
Flu shot, 1x per year			100%	100%	100%				100%
Nutritional advice			€ 200,-	€ 200,-	€ 200,-		€ 200,-	€ 200,-	€ 500,- (as part of vitality budget)
First aid for toddlers							100% once per insured person		
Kanjertraining								€ 125,-	
Course/Webinar Health, Sleep or Nutrition							€ 150,- for 1 online module		

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	Basic insurance		Supplementary insurance, individual or group				Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet					
<b>Prevention (continued)</b>										
Vitality research										Online questionnaire, online coaching conversation and physical preventive examination
Vitality budget										€ 500,- per year
<b>Psychological care</b>										
<b>Basic mental health care</b>										
Basic mental health care (including internet-based treatment programme). (Prior permission required if you go to a healthcare provider which Nationale-Nederlanden has not made any agreements with)	100%	Excess								
<b>Specialised mental health care</b>										
Psychiatric help with admission. (Prior permission required if you go to a healthcare provider which Nationale-Nederlanden has not made any agreements with)	3 years	Excess								
Psychiatric help without admission. (Prior permission required if you go to a healthcare provider which Nationale-Nederlanden has not made any agreements with)	100%	Excess								
<b>Other</b>										
Consultation on menopause, pregnancy or cancer (e.g. breast cancer)			€ 200,-	€ 200,-	€ 200,-					€ 500,- (as part of vitality budget)
Mindfulness training							€ 150,- for 1 online course	€ 150,- for 1 online course	€ 150,- for 1 online course	

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	Basic insurance		Supplementary insurance, individual or group			Jij & Gemak	Jij & Jonge kinderen	Jij & Pubers	Jij & Vitaal
	NN Health insurance	Excess or personal contribution	Start	Extra	Compleet				
<b>Transport</b>									
Transport for organ donor	100%								
Ambulance transport service (one way)	max. 200 kilometer	Excess							
Patient transport* (one way) in the following situations:	max. 200 kilometer	Personal contribution							
• Personal car. Prior consent required	€ 0.32 per kilometer	Excess							
• Public transport. Prior consent required	100%	Excess							
• Taxi. Prior consent required	100%	Excess							
Personal contribution for patient transport				full	full				
Travel expenses of parents (personal car or public transport 2nd class). Prior consent required			€ 200,- € 0.19 per km	€ 200,- € 0.19 per km	€ 200,- € 0.19 per km				
Transport of patient by car on top of the reimbursement from your basic insurance				€ 0.19 per km	€ 0.19 per km				
Patient transport by taxi. Prior consent required. 100% for contracted healthcare, maximum rate per kilometre for non-contracted healthcare.				100%	100%				
Transport of patient by car or public transport (2nd class) (in connection with medical specialist care) if you are not entitled to reimbursement under the basic insurance				€ 0.19 per km public transport full	€ 0.19 per km public transport full				

\* Patient transport, only in the case of kidney dialysis treatments, radiotherapy treatments, chemotherapy treatments or oncological treatments with immunotherapy or geriatric rehabilitation. If you are blind or visually impaired or wheelchair-bound. In the case of a long-term illness or disorder, if you have a statement from your physician that you depend on transport.

With intensive child care for children up to the age of 18, transport to and from a nursing day care center.

If you, as an elderly person, cannot travel independently due to multiple problems. If you have a progressive degenerative neurological condition such as Parkinson's disease, Huntington's disease and MS. If you have a congenital brain injury. If you have an intellectual disability and are eighteen years of age or older.



## Luxe Verpleging

Deluxe arrangement and/or rental of TV/telephone/internet/radio	maximum € 150 per day
Compensation allowance if no deluxe arrangement is available	€ 70 per day up to a maximum of € 4.600,- per person per year
Travel expenses of partner during hospitalisation	a maximum of € 100,- per year for: <ul style="list-style-type: none"><li>• Public transport: 2nd class</li><li>• Personal transport: € 0.19 per km</li></ul>

## Dental insurance

### TandenGaaf, for insured persons from the age of 18

All dental treatments by a dentist, prosthodontist or oral hygienist (with the exception of bleaching teeth and subscription costs dentist). If you have a dental care plan with Nationale-Nederlanden, it always includes accident coverage for up to € 10,000. The accident coverage also applies for insured persons below the age of 18. The Jij & Gemak, Jij & Jonge kinderen, Jij & Pubers and Jij & Vitaal policies cannot be taken out in combination with a dental care policy.

TandenGaaf 250	TandenGaaf 500	TandenGaaf 1000	TandenGaaf 1.500
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up to € 250,-	up to € 500,-	up to € 1.000,-	up to € 1.500,-
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These overviews show the key reimbursements and cover. For the full content and scope of the insurance packages, please consult your policy conditions.


No rights may be derived from this overview.

### More information?

Nationale-Nederlanden Zorg  
P.O. Box 4016  
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[www.nn.nl/zorgverzekering](http://www.nn.nl/zorgverzekering)

### More information?

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