



# NN Fit

**For everyone who wants a  
healthy (or healthier) life**

And who needs a little help.  
Completely free with  
Nationale-Nederlanden Group  
Healthcare Insurance.

# NN Fit: take good care of yourself

NN Fit: take good care of yourself A complete package to help improve your health and vitality:

## Sports medical advice

- A sports doctor provides insights on your fitness and personalised training advice.

## Health courses and exercises programmes

- Work on your health or learn to deal with illness.

## Vitality programmes

- Via Vitalmindz: e-health training and coaching to improve your mental health.

## Preventive examinations

- Examination for cardiovascular conditions.
- Examination for conditions that restrict your ability to work.
- The Personal Health Check.

## Explained: the Personal Health Check

Obtain insights into your personal health risks, for example of diabetes, burn-out or cardiovascular disease. Avoid or identify any risks. Get advice that you can apply straight away. It only requires three steps:

- 1 Create a personal account and fill in the online questionnaire.
- 2 Within 5 working days you'll receive the Checkbox to test your cholesterol and blood sugar at home, with just a finger prick.
- 3 Receive your personal Health Report in your personal account. Your privacy is fully guaranteed. Only you can read the report.

## Want to know more?

Read about the free [Fit Module](#).  
Free with your group healthcare insurance.