



# 'OHRA Extra Aanvullend Fysio Meenemen' additional insurance package

Product number: 7700133

Valid from 01-01-2026 to 31-12-2026 (inclusive)

Your insurance is a aanvullende zorgverzekering and is based on 'refund' cover. This means you are insured for:

Reimbursement for refund-based healthcare is up to 100% of:

- the statutory fixed rate or if there is no statutory fixed rate, the statutory maximum rate; or if there is no statutory maximum rate:
- the market rate applicable in the Netherlands.

In any case, we never reimburse more than the claimed rate or the maximum stated for the insured healthcare.

In order to be reimbursed for the healthcare, the terms and conditions of insurance associated with this reimbursement overview apply. This healthcare is not subject to the deductible.

What is reimbursed	Amount reimbursed	Characteristics
<b>Alternative and psychosocial healthcare</b>		
Alternative and psychosocial healthcare (D.7.)	Maximum 350 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<i>The reimbursement of 350 euros applies to the following healthcare combined:</i>		
<ul style="list-style-type: none"> <li>• alternative and psychosocial treatments (D.7.1.)</li> </ul>	Maximum 40 euros per day	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<ul style="list-style-type: none"> <li>• alternative medicines (D.7.2.)</li> </ul>	100%	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<b>Abroad</b>		
Urgent medical care abroad (D.14.a.)	Outside the Netherlands or your country of residence 100% of the claimed rate this includes the reimbursement under your general insurance policy	
Urgent oral care abroad (D.14.b.)	Maximum 250 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> <li>• From 18 year(s)</li> </ul>
Repatriation in the event of illness (D.14.c.)	100%	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>

What is reimbursed	Amount reimbursed	Characteristics
Transport of human remains (D.14.f.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Forwarding medicines and medical aids (D.14.g.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Communications costs (D.14.h.)	Maximum 350 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Medical advice provided by emergency service (D.14.i.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Dietetics</b>		
Dietetics (D.18.)	Maximum 100 euros per year, on top of the reimbursement under the general insurance policy, we first reimburse under the general insurance policy, and then under your additional insurance package	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Occupational therapy</b>		
Occupational therapy (D.17.1.)	Maximum 2 hours per year, on top of the reimbursement under the general insurance policy, we first reimburse under the general insurance policy, and then under your additional insurance package	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> <li>Up to and including 17 year(s)</li> </ul>
Training and guidance for carers in the case of occupational therapy (D.17.2.)	Maximum 2 hours per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Physiotherapy</b>		
Screening prior to physiotherapy and exercise therapy (D.16.1.)	Per condition 1 session	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Physiotherapy and exercise therapy (D.16.1.)	Maximum 12 sessions per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Rollover service for physiotherapy and exercise therapy (D.16.4.)	Maximum 9 unused sessions	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Mental healthcare</b>		
Light therapy for seasonal affective disorder (D.6.4.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Coping with traumas following a work-related incident (D.6.5.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Skin therapies</b>		
Hair removal (D.10.2.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Acne treatment (D.10.3.)	Maximum 100 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>

What is reimbursed	Amount reimbursed	Characteristics
Camouflage therapy (D.10.4.)	Maximum 100 euros once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Medical aids</b>		
Head covering/headpiece other than a wig (D.4.4.b.)	Maximum 75 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Statutory personal contribution and/or amount above the maximum reimbursement under the general insurance policy for medical aids (D.4.1.)	Maximum 250 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<i>You can choose from one of the following reimbursements:</i>		
Costs for purchasing a bedwetting alarm (D.4.6.)	Maximum 100% once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Costs for renting a bedwetting alarm (D.4.6.)	Maximum 4 months once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Orthotic insoles and medical aids for foot care (D.4.8. and D.4.9.)	Maximum 100 euros per year, for all the healthcare combined	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Braces and bandages (D.4.18.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Epileptic seizure alarms (D.4.20.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Cranial orthosis (D.4.21.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Mastectomy bra and swimwear (D.4.22.)	Maximum 90 euros once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Informal care</b>		
Carer course (D.24.1.)	Maximum 150 euros once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Carer relief (D.24.2.b.)	Maximum 1.000 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Informal care broker (D.24.3.)	Maximum 7 hours once per insured person	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Medicines</b>		
Statutory Medicines Reimbursement System (GVS) personal contribution for contraceptive medicines (D.3.2.a.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> <li>Up to and including 20 year(s)</li> </ul>
Statutory Medicines Reimbursement System (GVS) personal contribution for all medicines (except contraceptives) (D.3.2.b.)	Maximum 50 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>

What is reimbursed	Amount reimbursed	Characteristics
Contraceptive medicines and IUD (D.3.5.b. and D.3.5.c.)	Maximum 200 euros per year, for all the healthcare combined	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> <li>• From 21 year(s)</li> </ul>
<b>Oral care</b>		
Crown, bridge and inlay (R code) (D.8.2.)	Maximum 500 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> <li>• Up to and including 17 year(s)</li> </ul>
Orthodontic care (D.8.5.)	Maximum 1.000 euros as long as you have this additional insurance package with us, 70% per treatment, after a waiting period of 365 days	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> <li>• Up to and including 17 year(s)</li> </ul>
Orthodontic care (D.8.5.)	Maximum 250 euros as long as you have this additional insurance package with us	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> <li>• From 18 year(s)</li> </ul>
Oral care in the event of an accident (D.8.6.)	Maximum 20.000 euros per accident	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<b>Prevention</b>		
Flu jab (D.2.2.i.)	Maximum 1 time(s) per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
Prevention for travel abroad (D.2.3.e.)	Maximum 250 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
Dietary advice (D.2.7.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<b>Accommodation/admission</b>		
Recuperation home (D.13.6.)	Maximum 500 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
Personal contribution for a stay in a hospice (D.13.7.)	Maximum 500 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<b>Transport</b>		
Statutory personal contribution for patient transport: transport by car, taxi, public transport (2nd class) or other transport (D.12.1.a.)	100%	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
Additional allowance per kilometre when using a car (D.12.1.b.)	Maximum 19 euros per kilometre, on top of the reimbursement under the general insurance policy, we first reimburse under the general insurance policy, and then under your additional insurance package	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
Transport by taxi to specialist medical healthcare (D.12.1.c.)	100%	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>

What is reimbursed	Amount reimbursed	Characteristics
<i>You can choose from one of the following reimbursements:</i>		
Transport by car to specialist medical healthcare (D.12.1.d.)	Maximum 19 euros per kilometre	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Public transport to specialist medical healthcare (D.12.1.d.)	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Foot care</b>		
General foot care (chiroprody and podiatry) (D.15.1.)	Maximum 100 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Healthcare before childbirth</b>		
Childbirth course (D.19.2.)	Maximum 100 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Healthcare during childbirth</b>		
Personal contribution for outpatient childbirth (D.20.1.)	Maximum 200 euros	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<b>Healthcare after childbirth</b>		
Breastfeeding-related advice (lactation consultant healthcare) (D.21.1.)	Maximum 100 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Statutory personal contribution for obstetric care (D.21.2.)	Maximum 200 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Obstetric care or instruction after adoption (D.21.8.)	Maximum 3 days maximum of 3 hours a day	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>