



# 'OHRA Gezond' additional insurance package

Product number: 7700130

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>Mental healthcare</b>		
Online mindfulness training (D.6.8.)	Maximum of 1 course per year 60 euros	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<b>Informal care</b>		
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>Prevention</b>		
Preventive examination (D.2.2.a., D.2.2.b., D.2.2.c. and D.2.2.d.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<i>The reimbursement of 150 euros applies to the following healthcare combined:</i>		
<ul style="list-style-type: none"> <li>• preventive examination to identify risk factors related to cardiovascular disease (D.2.2.a.)</li> </ul>	Maximum 1 time(s) per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<ul style="list-style-type: none"> <li>• niped mental health questionnaire (D.2.2.b.)</li> </ul>	Maximum 1 time(s) per year	<ul style="list-style-type: none"> <li>• This healthcare is not subject to the deductible</li> </ul>
<ul style="list-style-type: none"> <li>• niped menopause questionnaire (D.2.2.b.)</li> </ul>	Maximum 1 time(s) 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
<ul style="list-style-type: none"> <li>basic health check incl. finger-prick blood sample for cholesterol profile and diabetes profile (D.2.2.c.)</li> </ul>	100%	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
<ul style="list-style-type: none"> <li>examination to identify complaints restricting the ability to work (D.2.2.d.)</li> </ul>	Maximum 1 time(s) per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
Sports medicine-related advice (D.2.6.)	Maximum 150 euros per year	<ul style="list-style-type: none"> <li>This healthcare is not subject to the deductible</li> </ul>
First aid course, health course and exercise programme (D.2.8. and D.22.1.)	Maximum 150 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>