



# Your Allianz Preventive Healthcare Extra checklist

Work and private life can sometimes be quite demanding. With your occupational health insurance (OHI), we ensure that you can maintain the balance and support you with a health conscious life and work.



## Simple reimbursement

- You receive an invoice and settle it.
- You conveniently submit the invoice via our Allianz Health App. Or by post.
- You will receive a refund – usually within a few days if you use the app.



## Extensive benefits



**Health courses**  
So that you can actively shape your health.



**Protective and travel vaccinations**  
So you can travel without worries.



**Telephone coaching for mental stress**  
For a more balanced life.



Any questions?  
**We're here for you**  
– whenever you need us.

**If you have any questions about your OHI, your personal agent would be happy to help you.** For questions about the benefits, please call our service hotline: **0800 589 33 96**, available Mon to Fri, 8:00 a.m. - 8:00 p.m.

You can find all the information about the app and many valuable health services for you and the whole family<sup>1</sup> online at: **[gesundheitswelt.allianz.de/bkv](https://gesundheitswelt.allianz.de/bkv)**

1 Family members are, for example, spouses and partners, children or parents, grandparents and parents-in-law.





### Health courses

So that you can actively shape your health.

We will cover **the costs for certified health courses<sup>1</sup>**, twice a year, for issues such as

- stress management and tension release
- addiction prevention
- exercise
- nutrition

If you have statutory health cover, please submit your invoice to your health insurer first. We will pay the remaining costs.<sup>2</sup>

Together with the costs for protective and travel vaccinations, we will refund you up to EUR 250 per year.



### Protective and travel vaccinations

So you can travel without worries.

We will cover the **costs for malaria prophylaxis and the following vaccinations:**

- protective vaccinations against tick-borne encephalitis, flu (4 times), hepatitis A and B
- travel vaccinations against cholera, yellow fever, Japanese encephalitis, meningococcus, rabies and typhus

Together with the costs for health courses, we will refund you up to EUR 250 per year.



### Telephone coaching for mental stress

For a more balanced life.

We will cover the costs **once a year for a three-month telephone coaching** (up to six sessions) delivered by a specialist for issues such as

- depressed moods, anxiety or exhaustion
- personal problematic situations, e.g. family conflicts
- occupational stress
- addiction and addiction prevention
- employee and conflict management

To use our coaching service, call us on the free phone number **0800 589 33 96**.

We are available Mon to Fri, 8:00 a.m. – 8:00 p.m.

**Everything discussed during a coaching session will, of course, remain confidential. No information whatsoever will be disclosed to your employer.**

<sup>1</sup> We will refund the costs for health courses certified in accordance with Section 20 of Social Security Code V (SGB V). Many statutory health insurances offer a search function for certified courses near you on their websites.

<sup>2</sup> Your health insurance will contribute to the costs for health courses, and note the refunded amount on the original invoice. Please forward this to us.