

Overview of benefits 2024

Consult www.helan.be/voordelen for the full range of benefits and discounts. You can also find all the information and conditions there.

Custom clothing Do you need specialised care? Customised clothing can make a world of difference to you. And we will gladly reimburse you for it.	€ 75	Helan Listening Line Anyone might need it at some time. And that's allowed. Count on free psychological support with the Helan Listening Line.	Five free calls
Helan Child care administration fee Get a discount on the administration fee of € 4,20 per month when you are a client of Helan Child care or reception families.	€ 50,40	Helan Care shop and lending service At the Helan Care Shop, you will find care products, educational toys and more. Count on great discounts as a Helan Health Insurance Fund customer. At Helan Care Shop's lending service, you can rent temporary health equipment such as a wheelchair, sickbed or patient lift at an affordable price.	up to 30% discount
Alternative therapy Osteopathy, chiropractic and acupuncture. Statutory health insurance does not reimburse these treatments. But we do.	€ 72	Heyo holiday camps Is your child wild about holiday camps? Heyo too! Get great discounts on the full range of holiday camps. Get a camp for you too. Free first holiday camp for three-year-olds offered by Helan Health Insurance Fund.	Discounts
Exercise coach with Moving By Referral Want to move more, but don't know how? Ask your GP about Moving By Referral. A coach in your area will draw up an exercise plan with you and motivate you.	€ 25	Registration fee for sporting events We don't lose sight of avid sportsmen either. Are you participating in a sports competition? Count on a refund for your registration.	€ 25
Breastfeeding advice Is breastfeeding not working out as expected? An independent wet nurse will support you. Moreover, you get a discount on the rental or purchase of a breast pump through the Helan Care Shop.	30% discount	Multi-day camps, playground activities, day care and school excursions Camps, playground activities, day care or school excursions. It does your children good. So count on a nice refund of the registration fee.	€ 190
Glasses, frames, eye patches or lenses Don't let the price of glasses stop you from seeing well. Count on a nice refund for your glasses, lenses, frames or eye patches..	€ 50 ≤ 18 years € 30 > 18 years € 60 - 19-65y (dioptr 4,5 - 7)	Customer contribution cleaning and ironing aid Are you a customer of Helan Household Help? Helan Health Insurance Fund will pay € 55 of the contribution for cleaning and ironing for you.	€ 55
Day care for children with disabilities Drop your child off at the day care centre with peace of mind, knowing he or she will be able to play, explore and unwind. We will take care of reimbursing you.	€ 250	Discount on baby equipment Having a baby involves so many things. But the best products for you and your baby? You can find these at the Helan Care Shop. Plus, at a discount if you are a Helan customer.	50% discount with a maximum of € 150
Gift pregnancy/birth Buy your baby essentials items from Helan Care Shop and get an extra gift worth € 30.	t.v. € 30	Short-stay accommodation for those in need of care Can you temporarily stop caring for a loved one? Count on an allowance for a short stay of a person in need of care.	€ 420
Day and night care For those who need extra care, we are ready.	€ 250	Maternity care Affordable maternity care at home? Up to 1 month before and 3 months after giving birth, you can call on an expert as a brand-new parent.	€ 300
Diabetes Are you at risk of diabetes? Or are you diabetic? Proper prevention and treatment keep the consequences under control. Count on an ample number of refunds.	€ 60	Lenses Need lenses? Don't worry about the cost. You get an extra discount at the many opticians that Helan Health Insurance Fund works with.	15% discount
Dietetics/lifestyle advice A healthy lifestyle does you good. We support your lifestyle choice with a nice contribution. Take a close look at your diet with a dietician or physician nutritionist.	€ 25	Speech therapy Problems with language, speaking or swallowing? We provide ample reimbursement for speech therapy sessions. For both children and adults.	€ 1.500
Urgent care abroad If you fall ill or something happens to you abroad... Count on assistance and refunds for urgent medical care.	Reimbursement of medical expenses	Medical patient transport Patient transport to and from hospital Everyone has to deal with it sooner or later.	€ 1.400
Birth, adoption and foster care premium Are you having a baby? Then give him or her a special treat. Our birth, adoption and (long-term) foster care premium gives you a financial boost.	€ 300		

<p>Medical apps € 20</p> <p>Tracking your health with a medical app? Count on a refund for any app authorised or prescribed by MHealthBELGIUM. Thanks to Helan Health Insurance Fund, you can even use the SkinVision and FibriCheck app free of charge.</p>	<p>Psychotherapy € 120</p> <p>Things sometimes not going so well? Don't be shy about getting support from a psychologist. We provide reimbursement for your sessions. Both for young people and adults.</p>
<p>Menopause consultant € 50</p> <p>As a client of Helan Health Insurance Fund, you will be reimbursed € 10 per session, with a maximum of 5 sessions per lifetime.</p>	<p>Copayment for children children < 7 years old</p> <p>Medical costs can add up. For children too. So, count on a contribution towards the copayment for a doctor or specialist.</p>
<p>Kidney dialysis at your home € 40</p> <p>When you choose to have your kidney dialysis performed at home, there are additional costs involved. Helan Health Insurance Fund provides reimbursement.</p>	<p>Sleep therapy € 100</p> <p>Do you sleep badly? You can be helped. Feel free to visit a sleep centre or clinic. We provide refunds.</p>
<p>Obesity € 200</p> <p>Are you struggling with obesity and want to tackle it? These refunds will give you a boost.</p>	<p>Ultrasound scan € 100</p> <p>An ultrasound scan at home as part of IVF treatment? We provide a refund.</p>
<p>Oncology rehabilitation 75% of costs refunded</p> <p>Good supervision and guidance is very important for recovering patients, too. Therefore, we provide this reimbursement for rehabilitation.</p>	<p>Sports club or youth movement membership fees € 25</p> <p>Playing sports in clubs or member of a youth club? We will provide a refund of your membership fees.</p>
<p>Eye correction € 100</p> <p>Need eye laser therapy or lens implants? You get partial reimbursement for the surgical correction of an eye defect.</p>	<p>Sports examinations € 25</p> <p>Improve your sports performance? Prevent injuries? A sports examination puts you on the right track.</p>
<p>Custom-made earplugs 15% discount</p> <p>Custom-made earplugs are the ideal solution to protect your ears from noise. You get a Helan discount at Lapperre.</p>	<p>Compression stockings € 25</p> <p>Heavy tired legs can be relieved with compression stockings. Also preventively. Therefore, count on a refund.</p>
<p>Orthodontics in children and adolescents € 1.050</p> <p>Every child deserves a bright smile. Therefore, this additional reimbursement for orthodontics in children, on top of the statutory reimbursement.</p>	<p>Arch supports € 50</p> <p>Podiatric arch supports can help you with knee, hip, neck or back pain. So you can count on refunds for visits to the podiatrist.</p>
<p>Personal alarm system discount rate</p> <p>Living safely at home for longer? Count on a preferential rate on a number of personal alarm systems with smart detectors..</p>	<p>Babysitter for sick child 10 babysitting days at € 3 per hour</p> <p>If your child is suddenly taken ill and you have to work... we provide a professional childminder within 48 hours at an inexpensive rate.</p>
<p>Prevention Bonus € 25</p> <p>Prevention is golden for your health. Therefore, enjoy a nice discount at Helan Care Shop on prevention equipment such as condoms, earplugs, bicycle helmets, exercise meters and more.</p>	<p>Home-sitter for dependent person € 420</p> <p>Are you unable to continue caring for a loved one, temporarily or for longer? Count on a professional companion through Helan.</p>
<p>Preventive examinations € 30</p> <p>Detecting certain conditions early supports their treatment. Therefore, we reimburse preventive examinations such as mammography, endoscopy, smear test, etc.</p>	<p>Vaccines € 25</p> <p>From small to large. Your whole family remains protected with vaccines. And that is why we provide a refund for any recognised vaccine.</p>
<p>Wigs € 180 or € 270</p> <p>Are you going bald because of burns, chemotherapy or radiation to the head? Don't worry about the financial picture. We will pay reimbursement for your wig.</p>	<p>Foot care € 20</p> <p>It is important to have your feet treated regularly by a specialist. You will be reimbursed for this treatment.</p>
	<p>Wellness € 25</p> <p>In need of relaxation? A visit to the sauna, steam bath or spa will help you unwind. Enjoy.</p>
	<p>Care home € 980</p> <p>It is important to us that those who are sick or in need of care recover as quickly as possible. A care home can help with this.</p>