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: € 75
  Do you need specialised care? Customised clothing can make a world of difference to you. And we will gladly reimburse you for it.

- Helan Child care administration fee: € 50,40
  Get a discount on the administration fee of € 4,20 per month when you are a client of Helan Child care or reception families.

- Alternative therapy: € 72
  Osteopathy, chiropractic and acupuncture. Statutory health insurance does not reimburse these treatments. But we do.

- Exercise coach with Moving By Referral: € 25
  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.

- Breastfeeding advice: 30% discount
  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.

- Glasses, frames, eye patches or lenses
  - € 50 ≤ 18 years
  - € 60 - 19-65y
  - € 1.000 ≥ 65y (dioptre 4,5 - 7)
  Don't let the price of glasses stop you from seeing well. Count on a nice refund for your glasses, frames or eye patches.

- Day care for children with disabilities: € 250
  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.

- Gift pregnancy/birth: t.v. € 30
  Buy your baby essentials items from Helan Care Shop and get an extra gift worth € 30.

- Day and night care: € 250
  For those who need extra care, we are ready.

- Diabetes: € 60
  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.

- Dietetics/lifestyle advice: € 25
  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.

- Urgent care abroad
  - Reimbursement of medical expenses
    If you fall ill or something happens to you abroad… Count on assistance and refunds for urgent medical care.

- Birth, adoption and foster care premium: € 300
  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.

- Helan Listening Line
  Anyone might need it at some time. And that's allowed. Count on free psychological support with the Helan Listening Line.

- Helan Care shop and lending service
  Up to 30% discount
  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.

- Heyo holiday camps
  Discounts
  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.

- Registration fee for sporting events: € 25
  Don’t lose sight of avid sportsmen either. Are you participating in a sports competition? Count on a refund for your registration.

- Multi-day camps, playground activities, day care and school excursions: € 190
  Camps, playground activities, day care or school excursions. It does your children good. So count on a nice refund of the registration fee.

- Customer contribution cleaning and ironing aid: € 55
  Are you a customer of Helan Household Help? Helan Health Insurance Fund will pay € 55 of the contribution for cleaning and ironing for you.

- Discount on baby equipment
  50% discount with a maximum of € 150
  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.

- Short-stay accommodation for those in need of care: € 420
  Can you temporarily stop caring for a loved one? Count on an allowance for a short stay of a person in need of care.

- Maternity care: € 300
  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.

- Lenses
  15% discount
  Need lenses? Don’t worry about the cost. You get an extra discount at the many opticians that Helan Health Insurance Fund works with.

- Speech therapy
  € 1.500
  Problems with language, speaking or swallowing? We provide ample reimbursement for speech therapy sessions. For both children and adults.

- Medical patient transport
  € 1.400
  Patient transport to and from hospital Everyone has to deal with it sooner or later.

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### Medical apps
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 FibiCheck app free of charge.

#### € 20

### Menopause consultant
As a client of Helan Health Insurance Fund, you will be reimbursed € 10 per session, with a maximum of 5 sessions per lifetime.

#### € 50

### Kidney dialysis at your home
When you choose to have your kidney dialysis performed at home, there are additional costs involved. Helan Health Insurance Fund provides reimbursement.

#### € 40

### Obesity
Are you struggling with obesity and want to tackle it? These refunds will give you a boost.

#### € 200

### Oncology rehabilitation
Good supervision and guidance is very important for recovering patients, too. Therefore, we provide this reimbursement for rehabilitation.

#### 75% of costs refunded

### Eye correction
Need eye laser therapy or lens implants? You get partial reimbursement for the surgical correction of an eye defect.

#### € 100

### Custom-made earplugs
Custom-made earplugs are the ideal solution to protect your ears from noise. You get a Helan discount at Lapperre.

#### 15% discount

### Orthodontics in children and adolescents
Every child deserves a bright smile. Therefore, this additional reimbursement for orthodontics in children, on top of the statutory reimbursement.

#### € 1,050

### Personal alarm system
Living safely at home for longer? Count on a preferential rate on a number of personal alarm systems with smart detectors.

#### discount rate

### Prevention Bonus
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.

#### € 25

### Preventive examinations
Detecting certain conditions early supports their treatment. Therefore, we reimburse preventive examinations such as mammography, endoscopy, smear test, etc.

#### € 30

### Wigs
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.

#### € 180 or € 270

### Psychotherapy
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.

#### € 120

### Copayment for children
Medical costs can add up. For children too. So, count on a contribution towards the copayment for a doctor or specialist. children < 7 years old

### Sleep therapy
Do you sleep badly? You can be helped. Feel free to visit a sleep centre or clinic. We provide refunds.

#### € 100

### Ultrasound scan
An ultrasound scan at home as part of IVF treatment? We provide a refund.

#### € 100

### Sports club or youth movement membership fees
Playing sports in clubs or member of a youth club? We will provide a refund of your membership fees.

#### € 25

### Sports examinations
Improve your sports performance? Prevent injuries? A sports examination puts you on the right track.

#### € 25

### Compression stockings
Heavy tired legs can be relieved with compression stockings. Also preventively. Therefore, count on a refund.

#### € 25

### Arch supports
Podiatric arch supports can help you with knee, hip, neck or back pain. So you can count on refunds for visits to the podiatrist.

#### € 50

### Babysitter for sick child
If your child is suddenly taken ill and you have to work... we provide a professional childminder within 48 hours at an inexpensive rate.

#### 10 babysitting days at € 3 per hour

### Home-sitter for dependent person
Are you unable to continue caring for a loved one, temporarily or for longer? Count on a professional companion through Helan.

#### € 420

### Vaccines
From small to large. Your whole family remains protected with vaccines. And that is why we provide a refund for any recognised vaccine.

#### € 25

### Foot care
It is important to have your feet treated regularly by a specialist. You will be reimbursed for this treatment.

#### € 20

### Wellness
In need of relaxation? A visit to the sauna, steam bath or spa will help you unwind. Enjoy.

#### € 25

### Care home
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.

#### € 980