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**

### Alternative therapy
Osteopathy, chiropractic and acupuncture. Statutory health insurance does not reimburse these treatments. But we do.

**€ 60**

### 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**

### 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**

### 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**

### 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**

### Day and night care
For those who need extra care, we are ready.

**€ 250**

### 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**

### 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**

### Urgent care abroad
If you fall ill or something happens to you abroad... Count on assistance and refunds for urgent medical care.

### Birth premium and adoption premium
Are you having a baby? Then give him or her a special treat. Our birth or adoption grant gives you a financial boost.

**€ 300**

### 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**

### 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.

### 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**

### 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**

### 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**

### 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**

### 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.

**€ 210**

### 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 mum.

**€ 300**

### 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**

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

**€ 1,500**

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

**€ 1,400**

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**€ 300**

### 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**

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These benefits are valid in 2023 and are still subject to approval by the CDZ. The listed benefits and services for health insurance fund customers are valid only for Helan Independent Health Insurance Fund customers who are in order with the additional services contributions. Info and conditions at www.helan.be/voordelen.

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 FirbiCheck app free of charge.

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

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

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

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

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.

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

Prevention Bonus
Prevention is golden for your health. Therefore, enjoy a nice discount at Helan Care Shop on prevention equipment such as sun protection, hearing protection, bicycle helmets and more.

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

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.

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.

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

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

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

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.

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

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

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.

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.

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

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

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

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.

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