

Your advantages from a to z

In this alphabetical overview, you'll find all the advantages and reimbursements you can count on as a customer of the Helan Independent Health Insurance.

A

Administration fees Helan Childcare **€ 50.40 per year**

Are you a customer of Helan Childcare as well? You deserve a bonus: we reimburse up to 50.40 euros per year for your administration costs for Helan Childcare.

Adapted clothing and supplies **up to € 75 per year**

For wheelchair patients recognised under the Flemish Social Protection and for cancer, stoma, burns and eczema patients, there is a reimbursement for adapted clothing and non-reimbursed bandages.

After school care for children with a disability **up to € 250 per year**

We reimburse up to 2.5 euros per day for your child's after school care for a maximum of 100 days per calendar year.

B

Babysitting service Bsit **up to 50% discount**

With Bsit, you can easily find a reliable babysitter. As a Helan customer, you receive a 50% discount on a Bsit annual membership.

Belvilla holiday homes **5% discount**

Looking for a relaxing family holiday? Discover Belvilla's holiday homes. As a Helan customer, you receive a 5% discount.

BloomUp **free intake** **> online psychological help**

BloomUp is an online platform: you can request a video call with a psychologist or psychotherapist in just a few clicks. The intake session is free, after that Helan will pay the 'Psychotherapy' advantage which consists of a reimbursement of 10 euros per session for a maximum of 12 sessions per year.

Breast pump **30% discount**

Are you breastfeeding? You'll receive a 30% discount on the hire or purchase of a breast pump via Helan Healthcare Shop.

C

Camps, playground work, after school care and school trips **up to € 190 per year**

You receive 5 euros per day per calendar year (max. 40 days with a contribution of 10 euros) for multi-day activities with or without an overnight stay from a minimum of 2 consecutive days, such as a sports camp or a weekend with the educational youth movement. After school care, holiday childcare, playground work and school trips are reimbursed from day one.

Cancer rehabilitation **up to € 200 per year**

For recovering cancer patients, a good plan and support is very important. That is why Helan provides a reimbursement for rehabilitation.

Care holidays **up to € 25 per day**

Even if you need home nursing or other medical care, you can still enjoy a carefree holiday thanks to the specialised travel organisation Zorgvakanties. Helan will reimburse a portion of the costs.

Care home **up to € 980 per year**

Need to rehabilitate at a care home after a hospitalisation? Helan will reimburse 35 euros per day with a maximum of 28 days per year.

Contraceptive **€ 3 per month**

Women up to 24 years receive around 3 euros per month reimbursed for certain types of contraception. For the morning after pill, this reimbursement has no age limit.

Compression stockings **up to € 25 per year**

Heavy or tired legs can benefit from medical compression stockings. Also as a preventative measure. You can count on a reimbursement and discount from Helan.

Copayment for children < 7 years **reimbursement**

Medical costs for young children can add up. That is why you can count on a reimbursement for the copayment for a doctor or specialist.

Customer contribution for cleaning and ironing help **up to € 55 per year**

Are you a customer of Helan Household Help? Helan Health Insurance will pay a large portion of your customer contribution for cleaning and ironing help.

Custom ear plugs **up to 15% discount**

Want to protect your hearing against high decibels at concerts or against environmental noise pollution? Custom earplugs are an essential. At Lapperre, Helan customers receive a nice discount.

D

Day and night care for people with care needs **up to € 250 per year**

Using day or night care? Helan Health Insurance will provide you with a reimbursement of 6.5 euros per day or night with an annual maximum of 250 euros per person.

Dental prosthesis

Lost a tooth? This reimbursement for dentures and dental prosthesis will give you back your bright smile.

Diabetes prevention examination

30% discount on materials up to € 60 per year

At Helan Healthcare Shop, you receive a 30% discount on materials such as a glucometer, strips and lancets. Helan also provides 60 euros per year for the membership fee of the organisation Diabetes Liga and for the copayment for consultations.

Dietary & lifestyle advice, WeightWatchers®

up to € 25

Want to assess your diet with the help of a dietician or a nutritionist? We'd love to give you some financial support with that.

Discount on Heyo monitor course

20% discount

Is your child following a course to become a monitor via Heyo? Helan customers receive a 20% discount.

Discount on your baby supplies

up to € 150 per child

A child needs a surprising amount of stuff. And you'll find the best products at Helan Healthcare Shop. With a 50% discount, up to a maximum of 150 euros as a customer of Helan Health Insurance.

E

Exercise coach with Bewegen Op Verwijzing

€ 25 per year

Do you want to or need to exercise more for your health? Your doctor can refer you to Bewegen Op Verwijzing. A coach in your area creates a feasible exercise plan for you, motivates you and monitors your progress.

Eye laser and lens implants

up to € 100 per eye

You will receive up to 100 euros per eye reimbursed for the surgical correction of an eye condition.

F

FibriCheck (app)

free

No more worries about your heart. With the FibriCheck-app, you receive info on your heartbeat in just one minute. An advantage for Helan customers worth 49.99 euros.

Folic acid

up to € 30 per year

Want to get pregnant or have you just found out you are pregnant? Then Helan will reimburse up to 30 euros per year for your folic acid supplements.

Foot care

up to € 20 per year

Helan provides a reimbursement of 5 euros per session with a maximum of 4 sessions per year. Younger than 65? Then you need a medical prescription for this advantage.

G

Genetic carrier screening

€ 150 per parent

Before you get pregnant, do you need to take a genetic carrier test to find out if you and your partner have an increased risk of having a baby with a serious congenital disease? Helan reimburses 150 euros per parent for the BeGECS test.

Gift for pregnancy or birth

worth € 30

Are you buying baby supplies at the Helan Healthcare Shop? Then you can receive an extra gift worth 30 euros. A nice bonus!

Glasses, lenses and eye patches

up to € 60 per year

You receive a reimbursement of 50 euros (-19 year), 30 euros (+ 19 year) or 60 euros (19 to 65 years with dioptr 4.5 to 6).

Our network of registered opticians will provide you with an extra discount as well.

H

Health camp

up to € 75 per year

Children with conditions like obesity, diabetes or celiac disease want to go to a camp just as much as any other child. As a Helan customer, you receive a reimbursement of up to 75 euros per year for a camp that takes into account their health needs.

Hearing aids

depending on the device

It can be frustrating not to hear properly. With this reimbursement, you can get a quick and easy solution without worrying about the cost.

Helan Healthcare Shop

10% discount on everything

At the Helan Healthcare Shop, you can find care and rehabilitation materials, baby supplies, educational toys, cycling helmets, fluorescent vests and much more. As a Helan customer, you always receive a 10% discount. For certain products and target groups, the discount is up to 30%. Do you need care supplies temporarily? With the hire service, you can hire care materials (wheelchair, hospital bed, breast pump etc.) for an affordable rate.

Help to quit smoking

discount on a tobacco treatment specialist

discount on a quit smoking consultation (Brussels/Wallonia)

reimbursement for Bupropion (Zyban®)

It's not easy to stop smoking. This reimbursement for the support of a tobacco treatment specialist and medicine to help you quit smoking will keep you on track. Find all the details on helan.be

Heyo Holiday Camp for 3-year-olds

free

Heyo Holiday Camp for 6-year-olds

free

Heyo Holiday Camp for 9-year-olds

free

Children can attend a Heyo camp 3 times for free. The first time at the age of 2.5, depending on the camp offering in your region, then at the age of 6 and again at the age of 9. With no overnight stay but plenty of fun. Your savings? Up to 170 euros per camp.

Heyo Holiday Camps

up to 30% discount

- 30% discount for camps with overnight stay
- 20% discount for camps without overnight stay
- 10% discount for camps organised by Heyo-partners

Hire materials

discount rate

Need a wheelchair, hospital bed or patient lift? Our hire service at Helan Healthcare Shop makes it affordable to hire temporary care materials or aids.

Home care for sick child

discounted rate: € 3 per hour/10 days per year

Has your child suddenly fallen ill and do you have to work? We'll find you a professional childminder within 48 hours at a discounted rate of 3 euros per hour for a maximum of 10 working days per year.

Home care for people in need of care

up to € 420 per year

Need a break from caring for a loved one? You can count on a reimbursement of 30 euros per day for a maximum of 14 days per year. Also applies to night care by volunteers.

I

Incontinence materials

up to 30% discount

Helan customers receive a 30% discount on the purchase of incontinence materials from Helan Healthcare Shop.

Innersoles

€ 50 per year per pair

If you purchase medical insoles without a prescription and therefore with no intervention of the mandatory health insurance, Helan reimburses 25 euros per insole per year.

K

Kidney dialysis at home

up to € 40 per year

You receive up to 40 euros per year reimbursed for extra costs when you have your kidney dialysis carried out at home instead of at a hospital.

M

Maternity care and/or doula

up to € 150 per parent

For maternity care and the non-medical support of a doula, you can receive 5 euros reimbursed per hour with a maximum of 30 hours per registered parent. Single parent? You'll receive up to 60 hours reimbursed.

Medical apps

up to € 20 per app, per year

Medical apps help you to live healthier or to monitor your health. For every subscription to a recognised medical app, Helan reimburses you 20 euros per year.

Menopause consultant

up to € 50

For personalised info and tips about possible treatments and lifestyle changes. Sometimes you may be referred to a gynaecologist, GP or other healthcare provider. Helan will reimburse you 10 euros for a maximum of 5 sessions with a registered menopause consultant.

Membership fee for sports club, gym or educational youth movement

up to € 50 per year

Are you a member of a sports club or is your child a member of an educational youth club? Helan will reimburse part of your membership fee.

Midwife (support)

full reimbursement

Would you like the support of a registered midwife, before, during or after your birth? Helan will reimburse your costs in full.

Mindfulness training Mindful Me

up to € 50 discount

Stress, anxiety, chronic pain... With mindfulness, you can relieve numerous mental and physical complaints. Mindful Me gives you a discount on effective stress relief.

N

NIPT test

reimbursement excluding copayment

This prenatal blood test detects Down's syndrome in the mother's blood from the 12th week of pregnancy. You only pay the copayment for this test.

O

Obesity

up to € 200

Want to lose weight? You will receive a one-off 200 euros reimbursement for weight management programmes at a hospital or a recognised multidisciplinary centre.

Odalys holiday parks

5% discount

Odalys offers holiday homes in France, Spain, Croatia and Italy. Book a bungalow with a great discount via your health insurance.

Orthodontics

up to a maximum of €1,050

Every child deserves a bright smile. That is why we provide this extra reimbursement of up to €1,050 for orthodontics for children, on top of the mandatory reimbursement.

Osteopath, chiropractor and acupuncture

up to € 72 per year

For these alternative treatments, you receive a reimbursement of 12 euros per session, with a maximum of 6 sessions per year.

P

Patient transport, urgent and exceptional

up to € 1,250 per year

Do you need helicopter transport? You can count on a reimbursement of 50% with a maximum of 1,250 euros per year.

Patient transport, non-urgent

up to € 1,400 per year

You can count on a reimbursement of 1,400 euros per person per calendar year for non-urgent transport within Belgium on top of the mandatory reimbursement.

The Pelvic Floor

€ 10 discount

The online info and exercise programme The Pelvic Floor teaches you how to keep your pelvic floor healthy. Free self-check and discount on follow-up programme for customers of Helan Health Insurance.

Personal alarm system

€ 2 discount per month

Want to keep living at home safely? A personal alarm system keeps you protected. If you are entitled to the increased reimbursement, you receive a 2 euros discount per month on the subscription fee for an alarm system with an alarm centre.

Prevention bonus **up to € 25 per year**

Prevention is always better than cure. Helan Healthcare Shop gives you a great discount on prevention materials such as earplugs, cycling helmets and more.

Preventative examinations **up to € 30 per year**

Helan provides a reimbursement of 10 euros per consultation three times per year for a preventative examination, such as a mammogram, spirometry test, endoscopy, blood test, smear test or a colon cancer self test.

Preventative dental care depending on various factors **free for <19-year-olds / reimbursement**

A regular check-up at the dentist keeps your teeth healthy. Both children and adults are entitled to a reimbursement for preventative dental care.

Psychotherapy **up to € 120 per year**

Everyone has the right to affordable psychological help. That is why Helan provides a reimbursement when the mandatory health insurance doesn't cover this. You can count on 10 euros per session with a maximum of 12 sessions per year. Both for children and adults.

Physiotherapy **depending on type of session**

Urgent or chronic movement dysfunction? Enlist the help of a physiotherapist and get a (partial) reimbursement for your sessions.

Physiotherapy (perinatal) **up to 9 sessions reimbursed**

Opting for prenatal physiotherapy during your pregnancy? Or visiting the physiotherapist for sessions after your birth? You can have up to 9 sessions reimbursed.

R

Registration fee for sports events **up to € 25**

Are you taking part in a race or another sports event? Helan will reimburse your registration costs up to 25 euros per year. The only thing you need to do is do your very best.

S

Short stays for people with care needs **up to € 420 per year**

You receive a reimbursement of 15 euros per day, with a maximum of 28 days per year for a short stay of a loved one with care needs.

Skindr, online dermatologist **€ 9 discount, first consultation**

Via the Skindr app, a Belgian dermatologist helps you online using photos and a consultation. Helan will reimburse 9 euros for your first consultation.

SkinVision (app) **free**

Found an unusual patch of skin? Want to check a mole? With the SkinVision app, you can find out whether your mole needs to be checked by a doctor. An advantage for Helan customers worth 50 euros.

Sleep therapy **up to € 100 per 5 years**

Do you have insomnia? Visit a sleep centre or clinic. Helan will reimburse the costs.

Speech therapy **up to €1,500 per 5 years**

Problems with language, speaking or swallowing? Helan will provide a reimbursement of up to 1,500 euros for speech therapy sessions. Both for children and adults.

Sports medical examination **up to € 25 per year**

Want to improve your sports performance? Or prevent injuries? A sports medical examination will set you on the right track. Helan Health Insurance will reimburse the costs of your sports medical examination.

U

Unpaid carers (Foodbag discount) **up to € 50 discount twice a year.**

Recognised unpaid carers deserve care themselves. That is why they can get a 50 euros discount on healthy meal boxes from Foodbag up to two times. With a maximum of 50 euros discount per year.

Urgent medical care abroad **reimbursement of medical costs**

If you fall ill or have an accident abroad, you can count on assistance and reimbursement for urgent medical care.

V

Vaccines **up to €25 per year**

Protecting your health with vaccinations against pneumococcus, HPV and tropical diseases is always a good idea. That is why we reimburse 25 euros per year for vaccines which are not covered by the mandatory health insurance.

Vi Health (app) **3 months free**

Menopause symptoms are very common. The Vi Health app informs and supports you. As a Helan customer, you can use the app for free for a period of three months. A discount worth 20.1 euros.

W

Wellness **€ 25 per year**

Helan will reimburse 25 euros per year for your wellness visit. This means you'll enjoy your trip to the sauna, thermal baths, steam bath or stay at a spa even more.

Wig **up to € 270**

Helan reimburses up to 180 euros for the purchase of a wig in the event of hair loss due to burns, chemotherapy or radiation. Certain alopecia patients receive a reimbursement of up to 270 euros per two years.

Want to enjoy all these Helan advantages? Join Helan Independent Health Insurance's one million customers

We arrange everything:

- 1 We inform your current health insurance
- 2 You stay insured
- 3 Switching is free
- 4 Your medical file is transferred



Join for € 10.30 per month.

Scan the QR code or surf to **helan.be/affiliation**.

Do you need help registering?

- ✓ **Call 02 210 14 01**
One of our customer advisers will help you.
- ✓ **Request a video call**
You choose the time. Fill in the form at **helan.be/appointment**
- ✓ **Visit one of our branches for an appointment**
The addresses can be found at **helan.be/offices**.

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The listed advantages and services are only applicable to customers of Helan Health Insurance who are up to date on the additional services contributions: helan.be/voordelen. Helan Independent Health Insurance Fund, insurance agent (No. CDZ 5006c) for 'MLOZ Insurance', the VMOB of the Independent Health Insurance Funds, RPR Brussels (422.189.629, recognised under number CDZ 750/01 for branches 2 and 18). You will find the information sheets and general terms and conditions for each product at www.helan.be/VMOB. The insurance contract is governed by Belgian law. The term of the contracts is for life. In case of complaints, please contact the Helan Complaints Department at www.helan.be/meldpunt or the Insurance Ombudsman (www.ombudsman.as). For more information on the affiliation to the product(s), please contact your health insurance fund.

Household Help is organised by Helan Huishoudhulp vzw. Helan Healthcare Shop is organised by Helan Zorgwinkel vzw. Home Care is organised by Helan Thuiszorg vzw.

 onafhankelijke
ziekenfondsen