

My occupational health insurance (OHI)

My Preventive Healthcare Extra module

Work and private life can sometimes be quite demanding. It's good when there are things you don't have to worry about. With Preventive Healthcare Extra, we ensure that you can maintain a balance between your professional and private life, stay healthy and avoid getting ill.



Well-covered all round – these are the **benefits** provided by your OHI



Health courses

E.g. to manage stress, for nutrition, exercise or addiction prevention

So that you can actively shape your health.



Protective and travel vaccinations

E.g. flu, yellow fever and malaria prophylaxis

So you can travel without worries.



Telephone coaching for mental stress

with occupational stress, e.g. conflict management

For a more balanced life.



As a supplement to the basic benefits of the statutory health insurance (SHI).



Our strong benefits – your advantages

- ✓ Up to EUR 250 per year for certain protective and travel vaccinations (e.g. for yellow fever or as malaria prophylaxis) and for up to two health courses.
- ✓ Three-month telephone coaching by specialists once a year.
- ✓ Great health services for you and your whole family.
- ✓ Your employer pays the premiums.
- ✓ Without any medical examinations or waiting periods: Protection from day one.
- ✓ Easy continuation of private insurance in the event of a change of employer or retirement without medical examination.



We are a strong, **reliable partner at your side**. Because it's about your health!
healthy^x – an extra portion of health

Important health services for you and your family¹



24/7 medical hotline

By independent experts – in suitable cases*



24/7 medical video consultation

Digital consultation with a general practitioner or specialist – in suitable cases*



Specialist referrals

Prompt appointments with a specialist near you – without long waiting periods



Allianz relieves pain

Fast assistance, e. g. for back, knee or shoulder problems



24/7 Allianz nursing assistance

Comprehensive support in the case of long-term care of a family member – at any time and even at your home

Curious? You can find access to your services and interesting information related to health at:
gesundheitswelt.allianz.de/bkv

Invoice submission made easy!

Fast, safe, cost-saving and environmentally friendly – with the Allianz Gesundheits-App.

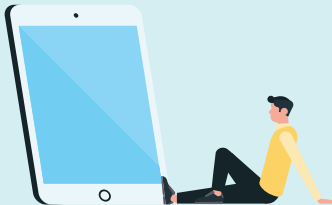
You will receive an invoice and settle it.



You will submit the invoice – conveniently via the Allianz Gesundheits-App or by post.



You will receive a refund – usually within a few days if you use the app.



It is best to register directly in the app and get additional access to all services!



Good to know

How can I access coaching over the phone?

Our customer service team will be happy to help you by telephone and explain everything in detail. You will also receive your login details there. Simply call 0800 589 33 96.

Do I have to pay attention to anything when I submit invoices for health courses?

If you have SHI, you first submit your bill directly to your health insurance fund. You will then receive a reimbursement note from your health insurance company. This can be sent to us conveniently via our Allianz Health App or by post.

How long does my insurance cover last?

You have full health protection for as long as you are

employed by your employer and the OHI is in place. Your OHI ends if you change employer, retire or have your 70th birthday. Our offer for you: You can continue your insurance privately in plans with similar benefits.

Where can I find all the details about Preventive Healthcare Extra?

For a more detailed overview of your insurance, please refer to the benefit information sheet. You will receive this when your employer registers you for OHI. The current insurance terms and conditions at the time of conclusion of the contract contain all binding contract contents. You can check these with your employer.

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

* A case is suitable if personal medical contact is not required according to generally recognized professional standards.

For example: simple symptoms such as skin changes (itching / redness) or general questions about health care.

All services are currently valid (as of March 2022). Individual services may be discontinued, supplemented, or amended in the future.



Do you have any questions?

Your personal agent would be happy to help you. If you have any questions about the benefits, please call our service hotline: 08 00 5 89 33 96, available Mon to Fri 8:00 a.m. – 8:00 p.m.

We are there when it matters.