

ALLIANCE HEALTH SERVICES
COMPREHENSIVE HEALTH INSURANCE

Simply good health

A strong partner by your side.
Here for your health – for life!

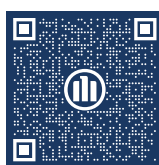


Smart insurance



Allianz Gesundheits-App

- Submit invoices and documents
- Use health services
- News about our services
- Access to a symptom checker
...and much more



My Allianz

- BonusCheck online
- Manage contracts
- Benefits programme
- Secure communication
via electronic mailbox
- Pension compass
... and much more



You can find more information at:
→ gesundheitswelt.allianz.de

Treatments



Allianz gegen Schmerz

Treatment programme
for orthopaedic pain

- Check My Back
- Check My Hip
- Check My Knee
- Check My Shoulder



Professional back training

Targeted exercises to alleviate back problems

Easy to organise



Medication service

Advice & delivery of medication without
advance payment



Auxiliary aids service

Auxiliary aids



Hearing aid service

Hearing aids



Patient guide

Individual care and support for complicated
cases of illness



Knee hip partner clinic

Top quality treatment if you need an artificial
knee or hip.



Psychotherapy partner network

Provision of outpatient treatment



Online care assistant

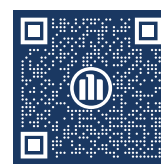
Simple organisation of everyday care with
the easy app



Rehab services

Support in finding suitable rehabilitation –
outpatient and inpatient

You can find more information
about our services at
→ [gesundheitswelt.allianz.de/
services](https://gesundheitswelt.allianz.de/services)



Happiness every day



Always stay well informed about all our topics at gesundheitswelt.allianz.de:

- **Allianz information centre**
- **Allianz benefits programme**
- **Allianz future maker**
- **Gesundheitswelt newsletter**
- **My fitness training**
- **Fit with Frodeno**
- **Forum Allianz helps**
- ... and much more



Treatment programmes

Our coaching offers individual and quality-assured advice on the following health problems:



My Airway Coach

Individual, high-quality advice for chronic respiratory problems



My Blood Pressure Coach

Understand, look after, and treat blood pressure



My Covid Coach

Supporting those affected by Long-Covid with advice, telephone coaching and digital app support



My Diabetes Coach

Individual and high-quality advice for diabetes mellitus



My Weight Coach

Personal advice on healthy weight in everyday life



My Heart Coach

Affected persons receive support in their everyday life in the event of heart disease



My Psych Coach

Competent support for a high quality of life (e.g. burnout or depression)



My Sleep Coach online

Reduction of sleep problems



My Pain Coach

Individual and high-quality advice for chronic pain



My Stress Coach online

Recognising and specifically reducing stress factors

All-round care



Find a doctor and clinic

Find local specialists online



International emergency phone no.:

Support in the event of medical emergencies abroad



Expert search

Specialist referral for independent second opinion

Family health package:

Additional medical support services for pregnant women and families with young children.



Children's relaxation app

Digital training for children's mental health



Online speech therapy for children

Digital and individual help for children with pronunciation difficulties



Online pregnancy companion

Consultations, prenatal and postnatal exercise classes online



Parent coach

Individual guide with different offers for all age groups from babies to teenagers

Medical assistance package:



Symptom-checker

Assess symptoms quickly and reliably via chat



Medical video consultation

Digital doctor's consultation in appropriate cases*



Doc on Call

Clarify medical questions with doctors 24/7 in appropriate cases*



Find appointments with specialists

Arranging an appointment with a specialist

* A case is suitable for remote treatment if personal medical contact is not required according to generally accepted professional standards.