

Cover Overview 2023

Prettig, Prima, Populair and Ruim

This overview of reimbursements is intended to easily see what types of reimbursements are included in a particular policy. The overview gives a general description of the care to which you are entitled. No rights can be derived from this overview. The policy conditions may contain further terms and conditions relating to coverage. Also, a limitation of the reimbursement may apply, such as when you go to a non-contracted care provider.

For a complete overview, we recommend that you consult your policy conditions. These will always take precedence.

Do you have any questions? Please call us at 088 35 35 763 (from the Netherlands) or 0031 8 35 35 763 (from outside of the Netherlands). We are happy to help you.

Healthcare activity	Reimbursement	Prettig	Prima	Populair	Ruim
Prevention					
Hormonal contraceptives and intrauterine devices for insured females aged 21 and over	100%, including personal contribution		•	•	•
A budget to be spend on the types of healthcare mentioned below: <ul style="list-style-type: none"> • Courses, information and training mentioned by name in the conditions • Diet advice (in addition to the basic health insurance) • Sports medical examination • General health check-up, preventive consultation or preventive medical test • First aid course • Resuscitation course • Weight consultant • “Lekker in je vel” (Feel good) • Fall prevention • Grief processing • Sleep course • Mindfulness • Influenza vaccination for non-risk groups 	Per calendar year		€ 125	€ 125	€ 250
Lifestyle training	Per calendar year				1 up to € 1,250
Brain-friendly working E-learning ‘Train your brain’ through Logikos training courses	€ 75 for the duration of the policy		•	•	•
Consultation and advice for women	Per calendar year		€ 100	€ 100	€ 200

Healthcare activity	Reimbursement	Prettig	Prima	Populair	Ruim
Hospital and related healthcare					
Correction of ears below age 12	100%			•	•
Eye laser treatment	Maximum for the duration of the policy			€ 150	€ 250
Sterilisation	100%				•
Alternative medicine/- means					
Alternative medicine by physicians (mentioned by name) and non-physicians of an acknowledged professional association, also prescribed alternative medicine, provided by pharmacy	Per calendar year			€ 40 per day up to € 350	€ 50 per day up to € 550
Hospice / Informal care					
Hospice	€ 30 per day			•	•
Informal care replacement	Per calendar year		14 days	14 days	21 days
Informal care course	€ 150 for the duration of the policy		•	•	•
Transport					
Travel expenses due to hospital admission of family member in a hospital within the Netherlands, from 8th day of admission	according to the same kilometer allowance as for patient transport in the basic health insurance up to € 500 per calendar year				•
Healthcare related to pregnancy and child birth					
Personal contribution for outpatient delivery without medical indication (The difference between the hospital rate and the amount listed in the Healthcare Insurance Arrangement (Regeling zorgverzekering))	Maximum			75%	100%
Maternity package	Yes			•	•
Personal contribution for maternity care	Maximum			75%	100%
Aftercare for mother/newborn	12 hours over 4 days			•	•
Lactation consultation	€ 150 per delivery			•	•
Electric breast pump (rental in case of child admission ≥ 8 days)	€ 80 per delivery			•	•
Pharmacy					
Personal contribution for medication conforming to the Medicine Reimbursement System (GVS), except ADHD-medication and Contraceptives	€ 250 per calendar year		•	•	•
Paramedic assistance					
Physiotherapy and Cesar/Mensendieck remedial therapy	Per calendar year	6 treatments	9 treatments	12 treatments	21 treatments

Healthcare activity	Reimbursement	Prettig	Prima	Populair	Ruim
Medical Aids					
Glasses and contact lenses	Per 2 calendar years			€ 100	€ 150
A budget to be spent on the following medical aids: <ul style="list-style-type: none"> • Audiological aids • Items used after a breast amputation • Wigs • Support pessary • Wetting alarm for children from 7 to 18 years of age 	Per calendar year			€ 125	€ 250
Therapies					
Acne therapy by skin therapist or beautician	€ 250 per calendar year			•	•
Camouflage therapy by skin therapist or beautician + required aids	€ 250 for the duration of the policy			•	•
Hair removal by skin therapist or beautician in case of disturbing facial hair growth for insured females	€ 350 for the duration of the policy			•	•
Occupational therapy (in addition to the basic health insurance)	Per calendar year			2 hours	4 hours
Podo(postural)therapy, podology and insoles: <ul style="list-style-type: none"> • podotherapy • sports podotherapy • podology • podopostural therapy • 1 pair of insoles or sports insoles • repair of insoles 	Per calendar year		€ 70	€ 100	€ 150
Abroad					
Emergency care, globally, except USA and Canada (in addition to the basic health insurance)	Cost price cover	•	•	•	•
Emergency care USA and Canada (in addition to the basic health insurance)	100% of Dutch rates	•	•	•	•
Repatriation, globally	100%		•	•	•
Vaccination against DTP hepatitis A and B, yellow fever, typhoid and blood test for hepatitis B	100%		•	•	•
Tablets against exotic diseases prescribed by general practitioner or municipal health service (GGD)	Maximum			50%	75%

Healthcare activity	Reimbursement	Prettig	Prima	Populair	Ruim
Additional reimbursements					
Diabetes testing equipment • test strips with lancets	€ 50 per calendar year		•	•	•
Convalescent home, in recognized centers	€ 25 per day for 42 days during a period of 3 calendar years			•	•
Therapeutic camp for children organized by • Diabetes Jeugdvereniging Nederland • Stichting Kinderoncologische Vakantiekampen • Stichting de Ster (Sterkamp and Maankamp) • Nederlands Hartstichting (Jump) • Stichting Heppie for children with asthma and / or constitutional eczema • Bas van de Goor Foundation (sports camps for diabetics)	Per calendar year			€ 150	€ 250
Guest House, personal contribution	€ 15 per day		•	•	•
Care and waiting list mediation	100%	•	•	•	•
Dental care					
Dental costs resulting from an accident for insured persons aged 18 and over	€ 10,000 per accident	•	•	•	•
Repair of dental prosthesis after an accident for insured persons aged 18 and over	€ 2,000 for the duration of the policy	•	•	•	•
Orthodontics below age 18, except for the costs of replacement or repair after improper use	Maximum for the duration of the policy			80% up to € 1,000	80% up to € 2,000, 1 year waiting period