



Working together on your health

Receive the maximum discount

Towards more job satisfaction and a healthier life through **SamenGezond**. With agreements about the group health insurance. Ensure you and the members of your family have good healthcare. And move forward with us.

[View your premium](#)

Move forward to a healthier life

With Menzis group health insurance. You and the members of your family will receive the maximum discount on the Basic Insurance (Menzis Basis and Menzis Basis Vrij), additional insurances and dental insurances. You will also benefit from the advantages of SamenGezond.

[Go to menzis.nl/collectief](http://menzis.nl/collectief).



SamenGezond will challenge you

menzis & SamenGezond

Move forward with us to a healthier life. The website and app will help you keep control of a fitter you. With email coaching, weekly goals and tips and advice from independent professionals. For example, about having a healthier diet, doing more exercise, your mental health or sleeping. Healthy behaviour is rewarded! You will receive points that you can exchange in the web shop for great products or a discount.

What do you want to work on? www.samengezond.nl/themas



FysioZelfCheck

The PhysioSelfCheck provides exercises, information and tips for mild physical complaints such as low back pain or painful knees after exercise. Do you want to use the FysioZelfCheck (PhysiotherapySelfCheck)? You can do so if you have Menzis health insurance with an additional insurance that includes physiotherapy. The app has been developed by physiotherapists and is currently still being tested. The final version will be available as from 1 January 2021. The app is an extra service; the number of physiotherapy treatments by a physiotherapist will remain the same.

www.fysiozelfcheck.nl



Keeping up your good intentions

With SamenGezond it becomes child's play

[Embrace the challenge](#)



Good insurance for the entire family

Which package suits your situation best?

[Use the selection help](#)

This is why you choose Menzis:

- ✓ Attention for your life force at home and at work. With additional reimbursements, SamenGezond and a discount on your premium through your employer.
- ✓ Everyone is welcome: we do not select based on health or age.
- ✓ Do you have to wait long for treatment? We investigate where you can be seen quicker.
- ✓ The Menzis Life Force consultant for questions about your lifestyle.

Would you prefer personalised advice?

Do you have any questions about group health insurance or would you like personalised advice? **Call the Switching Coach on +31 (0)88 222 49 00.**



Switch before 1 January menzis.nl/collectief

We will cancel your current insurance.

