

The PensionDanmark Health Scheme – ensuring prompt care and treatment

You are covered by a PensionDanmark health scheme through your employer. The scheme means you will get fast, professional treatment for any injuries and other health problems resulting from your work.

The PensionDanmark Health Scheme offers help with the following types of treatment:

Chiropractic treatment, physiotherapy, zone therapy and massage:

- › Typically, you will receive this form of treatment if you have sore joints, muscles and tendons following an injury or strain suffered at work. In non-urgent cases, you will receive treatment within four working days. In urgent cases, you will receive treatment within 24 hours on workdays.

24-hour mental health advisory service:

- › Such problems could be linked to stress, mobbing or an occupational accident. In urgent cases, you will be offered a consultation over the phone within four hours – otherwise within three days.

Anonymous, round-the-clock helpline for substance abuse:

- › Get advice on alcohol, medication and substance abuse. The helpline is open round the clock.

Advice on the public healthcare system:

- › Open on all weekdays from 8 am to 9 pm for advice on public healthcare rules and services – e.g. waiting lists, free choice of hospital, medication reimbursement, rehabilitation etc.

Unlimited treatment no more than 30 km from your nearest treatment centre

The treatment session itself lasts 15-20 minutes, preceded by a 30-40 minute consultation. There are no limits on the number of treatment sessions in connection with a work-related injury. Treatment will be provided close to your home or place of work. Together with Falck we have 120 treatment centres across the country. If you have to travel more than 30 km to the nearest health centre, you can call us on +45 7010 0806 and arrange to have the treatment paid for at a clinic closer to your home or place of work.



.....
Find out more about the PensionDanmark Health Scheme or book an appointment at www.pension.dk/sundhed or call +45 7010 0806
.....