



Healthcare services offered by AkademikerPension

Lifelong well-being



Akademiker
Pension

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At AkademikerPension, we have developed three strong healthcare service offers that together help you prevent illness, manage health challenges and maintain your connection to the labour market.

Health care counselling

Provides you with a permanent health advisor and an individual process that helps you establish an overview, prevent stress and find your way back to a sustainable working life.

Responsible Health Care Scheme

Provides access to a wide range of treatments – from psychological help to physiotherapy, dieticians and a medical hotline.

Insurance for critical illness and reduced working capacity

Ensures financial security in the case of ill health.

Together, our offers create a unique safety net where early prevention, specific treatment and financial security go hand in hand.

Health care counselling: Regain your well-being

It is common for academics to be affected by stress and low levels of well-being, and this can have a serious impact on both private and professional life. We would like to help prevent this through our health advice.

As part of the health advice you will receive, you will be assigned a permanent health advisor who will help you stay on top of things.

Our health care counselling offers you:

- An individual pathway that provides you with specific tools for meeting your challenges and getting back to work.
- A permanent health advisor at AkademikerPension who will help you with guidance, advice and support.



All members who pay into AkademikerPension and have insurance for reduced working capacity can use our health advice. You do not need to be on sick leave or have a referral from your doctor.

The health care counselling programme is relevant to you if you:

- Are experiencing reduced well-being in your working life.
- Need some guidance on getting off to a good start in the job market.
- Lack a plan to return to work after illness or are at risk of long-term illness.
- Need support in coping with neurodivergence in relation to your working life.



Read about health care counselling on akademikerpension.dk/sundhedsraadgivning



Get free health care counselling

Call us at

3915 3274

on weekdays and talk to a health advisor.

You can also send an email to

sundhed@akademikerpension.dk

The health advisor can offer you guidance on health services for better well-being and help you to navigate the system and maintain an overview of your situation.



Responsible Health Care Scheme

Our health care scheme is tailored for academics and developed in collaboration with Tryg. The point is simple: You will receive help to prevent damage to your health and easier access to relevant treatment when the need arises. This applies to both physical and psychological disorders.

We call our health care scheme responsible because you meet professional treatment providers on suitable terms, and because the scheme is intended as a supplement to – not a replacement for – the public healthcare system.

Everything is gathered together in one place, so you can deal with matters quickly and with clarity whenever you need to.

What offers does the health care scheme provide access to?

The Responsible Health Care Scheme gives you access to a range of treatments and benefits for only 82 DKK per month.

Physical treatments



You have access to a number of specialists:

- Physiotherapy
- Chiropractic
- Acupuncture
- Reflexology
- Osteopathy
- Occupational therapy
- Podiatry

Psychological treatments



- Psychological support
- Abuse
- Dietitian
- Psychological crisis assistance
- Certain diagnoses by a psychiatrist

On our website you can see more detailed descriptions of what the treatments include. akademikerpension.dk/sundhedsordning



Tryg Medical Hotline



Through an app, you have free access to video consultations with a general medicine specialist.

Tryg Medical Hotline functions as a supplement to your general practitioner and can be used by you, your partner and your children living at home.

The StressStop line



You have access to an anonymous advice line where you can speak to health advisors who, in connection with minor stress, can help you prevent a potential period of sick leave.

Tryg for family members



You have access to a hotline where experienced nurses are ready to provide help, support and advice. If you yourself become ill, your family members can also make use of the offer.

Tryg for Family Members also gives you the opportunity to purchase extra help and care at home.

Tryg Health Road Map



You will receive help navigating the public healthcare system. Both when the Responsible Health Care Scheme covers your treatment and when it does not.

Who has access to the Responsible Health Care Scheme?

As a rule, you have access to the health care scheme if you pay a minimum of DKK 1,500 per month into your pension.

Your personal page shows whether you have access to the scheme. Here you can also subscribe and unsubscribe at any time.

Log in with MitID at akademikerpension.dk/min-pension

It's easy to use your health care scheme

With the health care scheme, you get access to a digital platform where you can manage everything related to your plan.

On the digital platform, you also have the opportunity to take various health tests for stress, burnout and anxiety, which can provide valuable insight into your mental well-being. You can also take a health screening that can help you discover if something in your life is getting out of balance.

You can use the health platform to report any impairment or injury and book treatments.

How to do it:

- 1 Log in with MitID at akademikerpension.dk/min-sundhed
- 2 Click on the **Responsible Health Care Scheme** box.
- 3 Click on Continue to go to **Tryg's digital platform**.
- 4 Then click on **Your services**, where you can see all your treatment options.
- 5 For example, if you need to see a physiotherapist, click **on Read** more under Physiotherapy in the list.
- 6 Then click on **Report damage**.

You can purchase treatment at a private hospital

The primary difference between a health care scheme and health insurance is that the health care scheme does not provide access to examination and treatment at private hospitals. However, it is possible for you to purchase treatment at private hospitals through our partner Tryg.

Do you also want coverage for your partner and children?

In addition to your own health care scheme, you can also purchase an individual health care scheme for your partner and children. You can also purchase the option for your partner and children to be examined and treated at a private hospital/clinic.



Get more information about the purchase options by logging into your personal page akademikerpension.dk/min-sundhed



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AkademikerPension is a member-owned pension fund for more than 178,000 academics. We work to create financial security for our members on a responsible basis.

We were created by academics for academics, and with us all members receive the same high-level conditions regardless of age and employment status.

All profits go to our members, we have low costs and offer free advice.

We manage 164 billion DKK and work actively to encourage companies to move in a more climate-friendly and responsible direction.

