Health care counselling at AkademikerPension

With health care counselling at AkademikerPension, the member gets:

- An individual plan that provides concrete tools for handling challenges.
- A dedicated health care advisor who provides support, guidance and counselling.
- A work-specific effort where the member gets help from specialists.

Scan the QR code or read more here: akademikerpension.dk/sundhedsraadgivning/

The member can get a referral if they need support for:

- Risk of long-term illness or previous long-term illness.
- Lack of a plan for the return to work in case of illness.
- Irregular absence or sporadic illness, including changes in illness pattern.
- Coping with neurodivergence in relation to working life.
- Support to young people starting out in the job market.
- Dissatisfaction with working life.

The member does not have to be on sick leave to get a referral.
NOTE. We do not provide counselling on changes to employment law matters, salary or contract. This is handled by the trade union.

Health care plan – How it works:

Assessment and plan	Health care plan	Health care offers
Counselling starts with an assessment interview to cover the following: • Challenges • Motivation • Opportunities The interview results in an individual plan setting out any further action.	Typically, two to five interviews with an advisor that can involve: • Support and coaching • Individual plan and help to manage current challenges • Coping strategies • Energy management • Discussion of working hours and need for light work	If necessary, the plan can be supplemented with benefits under the health care scheme. For example: • The StressStop line • We Care • Psychologist • Psychiatrist • Physiotherapists • Osteopath

Contact information for health care counselling
The member can call us at +45 3915 3274. We can also contact the member if you send an email to sundhed@akademikerpension.dk with name, date of birth and phone number.