



What's important to you?

Whatever is going on in your life, at CZ we're here to give you the advice you need.

A healthy lifestyle. Would you like to exercise more, sleep better or feel less stress? A healthy lifestyle makes you feel better both physically and mentally. See our tips and online courses at www.cz.nl/thema (in Dutch).

A baby on the way. Congratulations! There are a few things you need to arrange. Read more about this at www.cz.nl/zwanger (in Dutch).

Caring for someone. Being an informal carer is often difficult. If you could use some help arranging various care matters or need some time off from your care duties, we can support you with personal advice and useful resources. Go to www.cz.nl/mantelzorg (in Dutch).

Discounts on all sorts of products

As a CZ customer, you can get a discount on your glasses or contact lenses or save money when you go to the gym. Find out more at www.cz.nl/klantvoordeel (in Dutch). If you don't want to miss out on special deals and offers, sign up for our customer discount newsletter at www.cz.nl/nieuwsbrief (in Dutch).

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Extra benefits with your health insurance

Here at CZ, we do more than just reimburse your healthcare costs. When you're insured with us, you have access to useful apps, products and discounts. And if you need healthcare, we are of course ready to help then too.

CZ Extra

- ✓ **FitzMe:** work towards a healthier lifestyle
- ✓ **SkinVision:** scan suspicious moles and spots
- ✓ **Get fit:** help with losing weight
- ✓ **'App de verpleegkundige':** chat with a nurse and get advice fast
- ✓ **'Keuzehulp':** select the treatment that is right for you

Want to know more?

Take a look at more than 20 extra benefits at www.cz.nl/extra. (in Dutch).



Or scan the QR code

Service and convenience

Maybe you have a question about your health, want to know how much you'll be reimbursed or want to submit an invoice quickly. Whatever your needs, CZ offers top service.

Submitting an invoice couldn't be easier with the app

You can submit your invoices using the CZ app. Simply download the 'CZ Declareren' app on your mobile phone, take a photo, send it and you're done! You can expect to see the money in your account within 5 working days.

It's easy to arrange your healthcare matters on 'Mijn CZ'

Check your reimbursements, deductible and messages any time you like. You can also make changes here, like to when CZ should deduct your premium. Arrange this and more at www.cz.nl/mijn.cz.

If you would prefer personal advice, call us on +31 (0)88 555 7777

Our healthcare advisers would be happy to help you

If you have a question about healthcare or are looking for the best care, call the CZ Healthcare Team ('Zorgteam') on +31 (0)13 594 91 10. We'd be happy to help you with:

Waiting list mediation

If there is a waiting list for your treatment, we will look into whether you can get treatment sooner elsewhere.

Finding the right healthcare provider

To find the best healthcare provider near you, talk to the CZ Healthcare Team. Alternatively, you can find one at www.cz.nl/zorgvinder (in Dutch).

Getting a second opinion

If you have doubts about your diagnosis, the CZ Healthcare Team ('Zorgteam') can help you get a second opinion, from a leading international specialist through 'Best Doctors®', for example.

Arranging extra help and support

We can help you arrange extra support, like for home nursing, home adaptations, and transport to and from hospital, for example. If you would rather arrange matters on your own, you can visit www.cz.nl/hulpwijzer (in Dutch).

