



CZ Extra



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Extra health and healthcare support

Your health insurance comes with over 20 extra benefits, ranging from useful apps and attractive discounts to personal assistance.



CZ Extra, health and healthcare support

Your health is not anybody else's. That's why CZ supports you with the things that are important to you. And it's included in your health insurance. Whenever you need healthcare, but also when you feel fine and want to keep it that way. There are over 20 extra benefits, ranging from useful apps and services to attractive discounts. Find out all about CZ's most commonly used extra benefits:



Stress test

Suffer from stress? This test will confirm it within 2 minutes and instantly give you tips to help you relax. It's really convenient and completely anonymous, of course.



FitzMe

A fitter body, a more varied diet, or mental balance. FitzMe can help you with all this, through online training and tips for a healthier lifestyle. Any time and anywhere with the handy app.



'App de verpleegkundige'

Got a nasty cough or a stomach bug? Not sure whether to see a doctor? Download 'App de verpleegkundige', text a nurse and get advice within an hour.



Customer deals and discounts

Benefit from generous discounts on your glasses or contact lenses, gym membership, gym gear, online yoga or even on a sleep robot. Whatever you're looking for, there's always something for you.

What's important to you?

There's more to health than not being sick. It's about what's right for you. Whether you need healthcare now or could do with some more exercise or time for yourself, we give you the support you need. That includes lots of extra benefits to help you work on your health and to help you consider your options and assist you whenever you need healthcare.

Get more out of CZ Extra

Take a look at the over 20 extra benefits at cz.nl/extra (in Dutch) or scan the QR code using the camera on your mobile phone.



Have you taken out group insurance?

With your group insurance you get even more extra benefits, like an annual HealthCheck or online health training with a personal online coach. See all the extra benefits at www.cz.nl/en/healthcare-advice/collectief.



Carrying care forward