



Your health package

You have a Danica Health Package. Therefore, you and your family can easily get quick clarification of a symptom that is worrying you and start treating small problems before they escalate - without having to leave the house. You have access to a doctor, a dietician and a psychologist via telephone or video consultation - whether you are at home, at the office or on holiday. You do not have to report a claim to Danica Pension or consult your own doctor to use the health package.

With the health package, you can also get a second opinion on an existing diagnosis, treatment plan or an upcoming surgery from one of the world's leading specialists via Best Doctors®.

You can learn more about the health package at danicapension.dk/en/health-package

Consult the experts if you have the slightest worry:



Consult a doctor

Learn more about our doctors at danicapension.dk/en/doctor

Examples of what you can ask about:



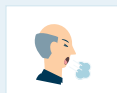
Prescription



Muscle and joint pains



General medicine



Allergies



Consult a psychologist

Learn more about our psychologists at danicapension.dk/en/psychologist

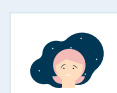
Examples of what you can ask about:



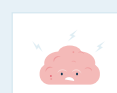
Stress



Children and anxiety



Insomnia



Racing thoughts



Consult a dietician

Learn more about our dieticians at danicapension.dk/en/dietician

Examples of what you can ask about:



Weight loss



Diet



Special diet



Intolerances



Get a second opinion

Learn more about Second Opinion at danicapension.dk/en/second-opinion

Get a second opinion on for example:



Chronic condition



Upcoming surgery



Existing diagnosis



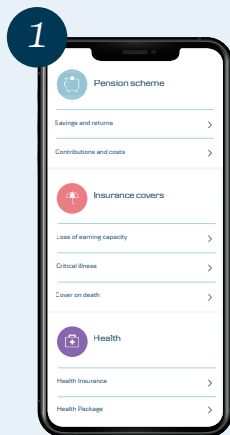
Existing treatment plan

How to ask the doctor or the health experts for advice or how to get a second opinion

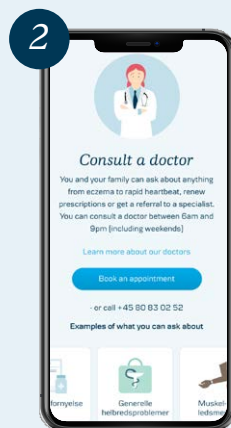
In collaboration with our partner, Teladoc, which is a global market leader in online consultations, we make it easy for you and your family to book an appointment and get help from the health experts.

The first time you ask the doctor or the health experts for advice or request a second opinion, you need to confirm your contact details. You can subsequently register your children and your spouse/cohabitant. See how to do so here: danicapension.dk/en/health-package#tip4

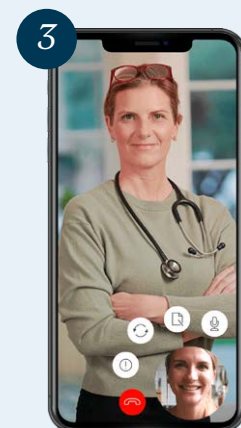
You are then ready to ask the health experts for advice or get a second opinion via Best Doctors®. This is how it works:



Go to danicapension.dk/en, log on to Netpension or open the Mobilpension app



Select "health package" and book an appointment with a doctor, a psychologist or a dietician. Select "second opinion" if you need a second opinion



Get help and advice from the health experts

