

ONVZ Werkfit

Werkfit is a standard part of your collective basic health-care plan with ONVZ. Take a look at the attractive coverage you'll be able to use, so we can help you get fit and healthy, and stay that way.



Find out about the coverage provided by Werkfit

1 NewHealth: online self-help modules

Stress at work, lying awake at night or conflicts at work: NewHealth can help if you're having to deal with these things. You can use these self-help modules fully anonymously and whenever it suits you, so you can regain your balance and enjoy your work more. There are many different modules, just have a look around. You can register in the [ONVZ app](#).

2 Health check-up: €100

- **Physical health check-up**

If you'd like to know about your physical health, you can book a health check-up. You can do so online at [Niped](#) or in person at [Tigra](#).

- **Mental health check-up**

To determine your mental health, we have the [GRIP](#) Energy Meter. It may be useful if you're having difficulty setting boundaries, dealing with pressure at work or balancing your work and private life. If the Energy Meter shows that you need support, Werkfit will also provide cover for GRIP online coaching under the preventive health-related courses coverage.

3 Preventive health-related courses: €500

- **Coaching**

You might be interested in online coaching, which involves talking to an online coach a few times about things like stress at work, your work-life balance or relationship problems. You can do so at short notice. Simply contact [Hey-Coach](#).

Werkfit provides cover for a 3-hour programme, which can be spread out over several weeks, without intervention by your employer and in a secure environment.

- **Running therapy**

Did you know that running reduces your stress levels? If you're interested, you can try [running therapy](#). Note that you'll have to pay a personal contribution for this.

- **Handling menopausal symptoms**

The menopause can cause mood swings and physical or mental symptoms. Learn to recognise the symptoms and alleviate them with the 'Overgang en hormonen' (Menopause and hormones) programme through '[Ook leuke meisjes worden 50](#)'

4 Psychological care: €250

Online coaching may not always be enough; a psychologist can help in these cases. Werkfit provides coverage for a programme up to €250.

5 Physiotherapy: three additional sessions

If you're suffering from neck pain or other physical symptoms, download the [Fysiochecknu](#) app and get started yourself whenever it suits you! If you'd rather visit a physiotherapist in person, you'll get coverage for three sessions under Werkfit.

These sessions are in addition to any coverage you may have under your supplementary health-care plan.

Further information

Would you like to know more about Werkfit or use one of the coverage options?