

Cover overview 2026

IKEA Inzetbaar module

This cover overview is intended to easily show which types of reimbursements are included in an insurance policy. The overview provides a general description of healthcare services. No rights can be derived from this. Additional terms for reimbursement may be included in the policy conditions. There may also be limitations on reimbursement, for example, in the case of a non-contracted healthcare provider.

For a complete overview, we recommend reading the policy terms and conditions carefully, as they always take precedence. You can find them and other information in your personal online account.

Type of care	IKEA Inzetbaar module
Healthy & Vital	
Physiotherapy and remedial therapie (Cesar/Mensendieck)	A maximum of 6 treatments per calendar year
Fysio Zelfcheck app (Physio Selfcheck app)	100%
Weight consultant	A maximum of 1 'Gezond afvallen' programme per calendar year at MyDailyLifestyle
Sleep coach	A maximum of 1 'Somnio Compact' course per calendar year; OR the Somnox program for 6 months, once for the duration of the insurance
Menopause consultant	A maximum of € 300 per calendar year with Care for Women
Coaching to reduce alcohol consumption	Free online coaching at Minderdrinken
Work-Life Balance	
Psychological expertise	A maximum of 8 sessions of 1 hour per theme per calendar year
Budget coach	A maximum of 3 hours of preventive budget coaching per calendar year via MyDailyLifestyle; OR a maximum of 2 hours of preventive budget coaching per calendar year via Gimd
Informal care replacement	A maximum of € 150 per day to € 1,500 per calendar year
Informal care broker	A maximum of € 200 per calendar year
Taxi transport for commuting, requested by the employer	A maximum of € 250 per calendar year
Trauma counseling and care, requested by the employer	A maximum of € 3,000 per employer per calendar year