

IKEA Inzetbaar module

How to use your reimbursements?

Type of care	IKEA Inzetbaar module
Healthy & Vital	
Fysiotherapie, oefentherapie Cesar/Mensendieck	A maximum of 6 treatments per year. The contracted physiotherapist bills Aevitae directly. Check if your physiotherapist has a contract with Aevitae in the Zorgzoeker (Care Finder) .
Fysio zelfcheck (Physio selfcheck)	Do you want to use the Fysio zelfcheck? Follow these steps for free and full access: How it works: 1. Register once via Mijn Aevitae. You will be automatically redirected to the Fysio Self-Check registration page. Registration via Mijn Aevitae is only required for first-time use. 2. Download the app from the App Store (iOS) or Google Play Store (Android). 3. After registration, you can always open the app directly from your mobile device. More information? Visit fysiozelfcheck.nl.
Healthy Lifestyle	
Weight consultant	Do you want guidance for healthy weight loss? The dietitian from MyDailyLifestyle can support you once per calendar year with the Healthy Weight Loss program. Want to learn more? Watch a short informational video here. How it works: 1. Request the program via the application form application form. 2. Send the completed form to vitaaldeclaraties@aevitae.com. 3. MyDailyLifestyle will contact you to start the coaching process. The costs are covered directly by Aevitae to MyDailyLifestyle, so you don't have to arrange anything yourself.
Sleep coach	Do you want to use the Somnio Compact sleep therapy or the Somnox 6-month sleep program? The Somnio Compact sleep therapy is reimbursed once per calendar year. The Somnox 6-month sleep program is reimbursed once for the duration of the insurance policy. How it works: 1. Purchase the desired program via www.somnox.com or www.somnio.nl. 2. Receive your invoice after purchase. 3. Submit the invoice easily via Mijn Aevitae to receive reimbursement.

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Menopause consultant	You will receive reimbursement up to € 300 per calendar year. How it works: 1. Schedule an appointment via www.careforwomen.nl. 2. Pay for the consultation yourself. 3. Submit the invoice easily via Mijn Aevitae to receive reimbursement.
Coaching to reduce alcohol consumption	You can use the coaching provided by Minderdrinken.nl. Take the self-test, sign up for free, and start without any waiting time.
Mental & Financial Support	
Psychological expertise	We reimburse a maximum of 8 one-hour sessions per theme per calendar year. The sessions can be held by phone, online, or face-to-face at a TELUS Health location. Register with TELUS Health via your employer's link. Aevitae reimburses the costs directly to TELUS Health. You do not need to arrange this yourself.
Budget coach (MyDailyLifestyle or Gimd)	Do you need advice to get your finances in order and keep them on track? You can turn to the budget coaches from MyDailyLifestyle or Gimd. MyDailyLifestyle The budget coach from MyDailyLifestyle offers you up to 3 hours of preventive guidance per calendar year.. How it works: 1. Request budget coaching via the application form. 2. Send the completed form to vitaaldeclaraties@aevitae.com. 3. MyDailyLifestyle will contact you to start the coaching. Gimd The budget coach from Gimd offers you up to 2 hours of preventive guidance per calendar year. How it works: 1. Request budget coaching via the application form. 2. Send the completed form to vitaaldeclaraties@aevitae.com. 3. Gimd will contact you to start the coaching. Aevitae will reimburse the costs directly to MyDailyLifestyle or Gimd. You don't need to arrange anything yourself.

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Work-Life Balance	
Informal care replacement	Do you need temporary replacement informal care? You will receive a reimbursement of up to € 150 per day, up to a maximum of € 1,500 per calendar year. How it works: 1. Arrange the replacement informal care yourself, for example, through: • Saar aan Huis – Langer prettig thuis wonen. • Handen in Huis – 24-uurs mantelzorgvervanging. 2. Pay the costs yourself. 3. Submit the invoice easily via Mijn Aevitae to receive reimbursement.
Informal care broker	A informal care broker helps with organizing practical and administrative matters related to care, welfare, housing, income, laws and regulations, and insurance. This eases the tasks of the caregiver. You will receive a reimbursement of up to € 200 per calendar year. How it works: 1. Find a recognized via BMZM - Beroepsvereniging Mantelzorgmakelaars. 2. Submit the costs easily via Mijn Aevitae.
Care to be requested by your employer	
Taxi transport for commuting	The reimbursement of up to € 250 per calendar year can only be requested and declared by the employer. The declaration, clearly stating the name of the insured employee and the policy number, should be sent to vitaaldeclaraties@aevitae.com.
Trauma counseling and care	Have you experienced a traumatic work-related event? You are eligible for reimbursement of up to € 3,000 per employer per calendar year for trauma support and care, aimed at processing the event and preventing long-term issues. The care is provided by Gimd and can only be requested by the employer. Gimd will directly invoice the costs to us.