

# Dansk Sundhedssikring

Through your employment, you have health insurance with Dansk Sundhedssikring. Below you can read about how you can use the insurance and the associated healthcare guidance from our doctors and nurses. This information must be viewed in conjunction with our applicable insurance conditions. See also [www.ds-sundhed.dk](http://www.ds-sundhed.dk).

In Dansk Sundhedssikring, we have an active approach to treatment. In addition to helping you with treatment, we also help you with knowledge about pain and suggestions for exercises so that you can feel better in the future.



## Hospital treatment and specialist doctor

- ✓ SundhedsNavigator with healthcare guidance for all health problems that require treatment – even those that cannot be solved via insurance coverage. It includes help with navigation and rope-holding function through the health system.
- ✓ Personalized cancer program with recommendations in the treatment of cancer. Advice and support both during and after a cancer course, as well as a personal health program for late effects after cancer, for handling life after cancer.
- ✓ Quick examination and treatment by a specialist doctor and in hospitals – public or private – depending on what you are failing and the possibilities.
- ✓ Examination and treatment by a specialist in private practice. We refer to a private clinic or private hospital within our nationwide network.
- ✓ Easy and quick access to email and video consultations with online private medical care. Download Hejdoktor's app or go to [www.hejdoktor.dk](http://www.hejdoktor.dk), where you log in with MitID



## Treatment for psychological challenges

- ✓ Treatment with a psychologist, psychotherapist or tripartite interviews with an occupational psychologist.
- ✓ Preventive stress line and well-being line for private and work-related well-being problems.
- ✓ Special course for children with psychological distress.
- ✓ Acute psychological crisis help.
- ✓ Telephone treatment courses with experienced psychologists in our quality-assured network for long-term mental disorders such as long-term stress and depression, long-term anxiety disorders, phobias, grief states, attention disorders and help for relatives of people with mental illness.
- ✓ 10-week online-based stress management course with an associated therapist/psychologist.
- ✓ Counseling for young people (16-27 years) with confidential conversations about e.g. stress, anxiety, loneliness, eating problems, low self-esteem or problems with family/school/friends.

*When we ask questions about your symptoms,  
It is to be able to help you as best as possible*

## Treatments for disorders of the musculoskeletal system

- ✓ Treatment by a physiotherapist without the need for a referral from your own doctor
- ✓ Treatment of chronic disorders in the musculoskeletal system by a physiotherapist, chiropractor, physical therapist and podiatrist
- ✓ Treatment by reflexologist, acupuncturist and osteopath

## Other coverages

- ✓ Advice on substance abuse treatment and treatment in private and public settings.
- ✓ Telephone counseling by a personal pregnancy counselor during pregnancy and in the first period after birth.
- ✓ Treatment with a dietician.
- ✓ Personal health program for obesity and lifestyle diseases.
- ✓ Second opinion in case of life-threatening illness or particularly risky treatment.
- ✓ Children aged 0-24 are automatically covered by the insurance but must be registered via "The User portal".
- ✓ Targeted advice and help for women and men in menopause.
- ✓ Personal health program and advice on diet, exercise and lifestyle intervention for obese pregnant women.

## Online portal with Dansk Sundhedssikring

You will receive a welcome letter in your e-box. You can then log in to the "[The User portal](#)" portal with your MitID.

In the portal, you can view your personal information and insurance coverage and report a claim. We have active claims processing every day of the year, weekdays 8am-3pm and 9am-11am on weekends and public holidays. There is 24-hour access to emergency psychological crisis help.

## You can insure your family

You can also take out health insurance for your spouse/partner and your children aged 24-27. You can register the family online via the portal. The invoice for the family will be sent to your email/home address.

## When you need to make use of your health insurance

The nurse will help you find out which treatment is right for you. You must always contact us before going for treatment. We recommend that you report your injury online via [The User portal](#), as it is the fastest and easiest way to register the necessary information. Reported damages are dealt with quickly and in most cases from day to day. You can also call the health team on tel. **70206121**.

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