

PERSONLY HEALTH PROGRAM

Get help with lifestyle, obesity and chronic disease

You get

- An individually adapted course with health coaching, advice and tailored health plans by an experienced clinical dietitian for up to a full year.
- Based on a professional assessment, the course can be combined with digital personal advice from a psychologist, physiotherapist and/or specialist doctor.
- Possibility of a medical weight loss course in case of severe obesity, BMI above 30 (costs for medicine are not included).

- Continuous guidance on your smartphone or computer.

About the program

- The program is offered in collaboration with Hejdoktor for those who live with severe obesity, diabetes, high blood pressure or cardiovascular disease.
- You must be over 16 years of age to use the program.

Contact Dansk
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weekends 9-11

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