



Securing a good life as a senior

Better health for everyone –
also for you

Four out of five seniors are not insured for illness or injury. Now you can get private health insurance with comprehensive health coverage adapted to your life.
With **Senior** you receive:



Health Navigator for insurance coverage, advice from a healthcare professional and navigation of the public health system



Treatment, including from a physiotherapist, chiropractor eller psychologist



Medical specialist consultations, operations and rehabilitation, etc.



Optional coverage for your spouse/live-in partner



Health navigator

- ✓ Medical doctor advice
- ✓ Healthcare professional advice
- ✓ Navigation and coordination within the public and private healthcare systems
- ✓ Consulting for seniors
- ✓ Preventive Stress and Well-being Helpline
- ✓ Dementia Navigator – Early detection and screening for dementia.



Regularly scheduled treatments

- ✓ Chiropractic treatment
- ✓ Physiotherapy, without a doctor's referral
- ✓ GLA:D training
- ✓ Osteopathic treatment
- ✓ Therapy from a psychologist or psychiatrist
- ✓ Personalised health programmes for chronic conditions and overweight, delivered by dietitians, nurses, physicians and psychologists.
- ✓ Health programme for managing life with and after cancer (long-term effects).
- ✓ Online physiotherapy and chiropractic care. Personal treatment and digital consultations based on individual needs.



Emergency crisis assistance and online emergency medical services

- ✓ Emergency mental health assistance after a serious incident, accident, or death.
- ✓ Online medical services
- ✓ The Mental Toolbox – live webinars with a psychologist and psychotherapist on coping with life challenges.



Specialists and hospitals

- ✓ Assessment process initiated within 10 working days
- ✓ Treatment started within 10 working days
- ✓ Treatment by specialists, preliminary examinations and operations
- ✓ Second opinion
- ✓ Psychiatrist
- ✓ Glaucoma –with a family history (first-degree relatives such as siblings or children).
- ✓ Skin cancer – including follow-up in case of recurrence.
- ✓ Asthma and allergy diagnostic evaluation
- ✓ Osteoporosis assessment and counselling.



After surgery and/or treatment

- ✓ Rehabilitation
- ✓ Expenses for medicine
- ✓ Devices
- ✓ Home help/home nursing care
- ✓ Follow-up for up to 24 months
- ✓ Transport expenses
- ✓ Medical companion

Waiting period

- ✓ There is a six-month waiting period for benefits covering pre-existing conditions, unless there is a direct transfer from one of our other health insurance plans
- ✓ If there is a transfer from a different health insurance provider or if there is no prior health insurance, there will be a six-month waiting period for pre-existing conditions

Spouse/ Live-in partners

- ✓ Co-insured spouses/live-in partners have a six-month waiting period for pre-existing conditions, unless there is a direct transfer from one of our other health insurance plans
- ✓ Spouses/live-in partners have the same coverage

Prices

Senior

Private agreement

Primary insured (60-69 år)

Primary insured (70-74 år)

Annual price per person

4.209 DKK

5.555 DKK

- ✓ Prices include 1.1% in state taxes. In addition, a mandatory contribution of DKK40 is included for the Guarantee Fund
- ✓ Coverage can begin at the age of 60 and last until age 74
- ✓ Your Spouse/live-in partner can log in to the User portal to register, and is only covered upon registration