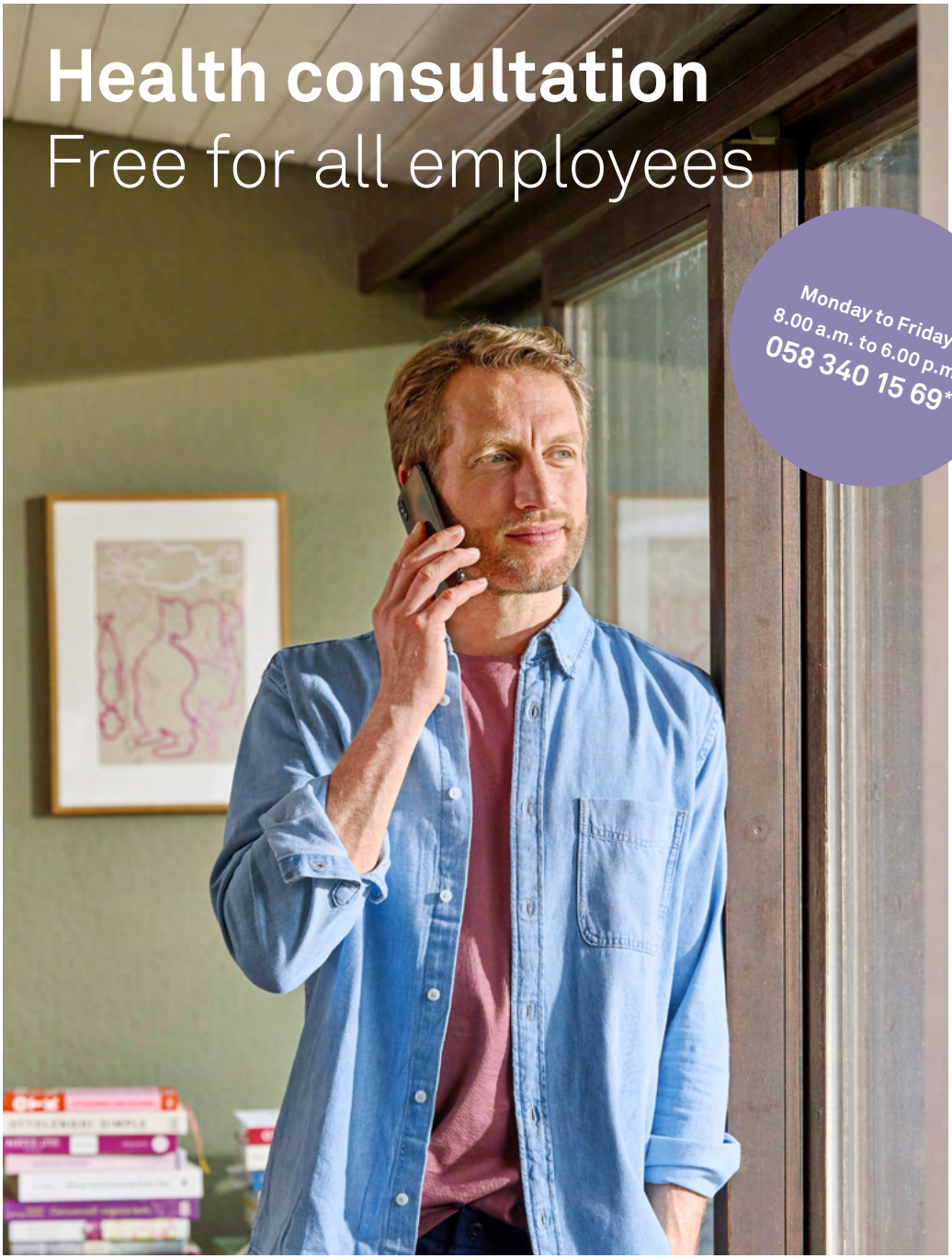


Helsana
Committed to life.

Knowledge creates clarity

Our health consultation service will be happy to assist you.

Do you sometimes have questions about your health? Whether you're asking about pain, stress, nutrition or exercise – our health advisors can provide you with expert, personalised answers. They can also help you prepare for a consultation with a doctor, deal with a diagnosis or advise you on a recommended course of treatment. Independent, neutral and free for all employees of companies with Helsana daily sickness benefits insurance.

How does the consultation work?
You discuss your concerns with our health consultation advisors over the phone. You'll then receive a written assessment with helpful information and specific recommendations so that you can actively shape your health.

> **"I keep getting lower back pain. What helps to prevent it?"**

> **"I'm stressed: how can I switch off?"**

> **"What can I do after being diagnosed with heel spurs?"**



Who are our health advisors?
All our employees have many years of experience in healthcare professions.
You can rely on the expertise of:

- Pharmacists
- Physiotherapists
- Registered nurses
- Life and personal health coaches
- Case managers
- Non-dispensing chemists
- Dietitians
- Medical practice assistants
- Dental assistants
- Complementary therapists
- Pharmaceutical assistants
- Movement scientists
- Psychologists
- Sports scientists
- Social insurance specialists
- Specialists for health promotion, rehabilitation and prevention (public health)

The number for your health questions: 058 340 15 69*

Helsana health consultation is available to all employees of companies with Helsana daily sickness benefits insurance. It is free of charge. You can reach us from Monday to Friday between 8 a.m. and 6 p.m.

We are here to help you.
Helsana Supplementary Insurances Ltd
helsana.ch/gbu

Data protection and independence from insurance business
All information and discussions relating to the health consultation service are covered by data protection. Nobody can access this data – neither employers, managers, insurance consultants nor other parties. If you also hold insurance with us in a private capacity (Helsana Supplementary Insurances Ltd), only the date of your health consultation will be visible to those dealing with your private insurance policy. This ensures we can provide you with the best possible care.

* By calling **Helsana health consultation**, you accept the terms of use and data protection provisions: helsana.ch/gbu.

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