



PFA Health Benefits
Help and disease sparring – both physically and mentally

If you feel a need for help

As an employee of Deloitte, we want you to have the best opportunities even if you are in a situation where you need sparring or help with treatment by illness – both physically and mentally.

Therefore, in collaboration with PFA, we have ensured that you, as part of your employment, have the opportunity to help in most life situations.

Call PFA on phone **70 12 50 00** or reach out to your HR BA.

You have the opportunity to get guidance and help



General disease assistance (passing by)

Both physical and mental illnesses



Help if you need disease treatment

Both physical and mental illnesses



Help if you experience stress or have lost balance in life

Whether you're sick or going to work



You get sick because of physical or mental illness

Acidification, which is not due to common seasonal diseases



Your acid field is expected to last for a long time

If you can see that your disease will last for 3 months or longer



You will see a critical disease

For example, blood clots in the heart, certain cancer diagnoses, sclerosis, etc. (total of 25 defined diseases)

Your child has the opportunity to provide guidance and help



Your child is distrusted and you want sparring and/or psychologist help for your child

You want sparring and/or psychological help for your child



Your child is suffering a critical illness

For example, surgical heart disease, major organ transplantation, Diabetes 1

You or your family have common diseases (passers-by)

In a busy day, it can be difficult to find time to get through to your own doctor and set aside time to get to a medical appointment during the day - both when it comes to yourself or your family with the same population register address as you*.

As a result, you can get medical advice from a general practitioner by video, phone or email with the Online Physician

Via Online Doctor you have the option to contact a general practitioner through your pension agreement with PFA Pension. The other offers such as psychologist and dermatologist are services for which you must pay for yourself if you wish to use them.

Help with general disease Online physician



The doctor will be able to help you with the following: - provide medical advice and treatment by telephone or video within 5 minutes

- answer questions by email
- issue and change recipes
- refer to treatment in public hospitals



When you need an online doctor, you log in to my PFA and select "Online Doctor" under "your insurances". Then select "Visit Hejdoktor.dk", where you can log in with either NemID or MitID.

Login to [my PFA](#) or [read more here](#)



*the option also applies to your spouse/partner or children (including children of spouse/partner) under 18 years of age with the same registered address as you.

Login to [my PFA](#) or [read more here](#)

You need treatment

Many of us have a need for treatment throughout life. It can be treatment of physical pain, illness, or consequences of an accident. But it can also be treatment of mental challenges.

You may choose to purchase PFA Health Protection for your spouse/partner/registered partner and/or your children or your spouse/partner/registered partner's children (biological children, adoptive children and stepchildren) under 24 years of age.

Help if you need treatment of diseases both physical and mental

If you have pain, become ill, or are injured, where you will need to get started quickly with investigation and treatment, contact PFA Health Insurance.

PFA Health Protection allows you to get treatment via chiropractor, osteopathy, physiotherapy, acupuncture, reflexology, psychologist, as well as examination, treatment, surgery and post-inspection by specialist doctor, private clinic and – hospital.

You can choose which therapist you wish to use for physiotherapist, osteopath, chiropractor, acupuncturist, zone therapist and dieticist, with prior agreement with PFA Pension.

If you experience symptoms of stress, you need no medical attention as a starting point. Simply contact PFA and you will be referred to a professional psychologist specializing in stress. When treating with a chiropractor, no medical attention is required, but for other treatments, always consult your own doctor to ensure the correct treatment.



Call PFA Health Insurance using +45 70 12 50 00

Press 2, then press 1 and finally press 2.

You can also contact them online. [See how here](#)

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Help if you experience stress or have lost balance in life

Many people experience at some point in time losing their balance in life.

For some, it may be if you go through a divorce, are terminated or simply feel that there is something inside you that is not in balance.

If you feel like this, you have the opportunity to have sparring and, if necessary, arrange treatments with a Health Guide via the PFA EarlyCare.

Help if you experience stress or have lost balance in life

Both if you are sick or still go to work

Whether you feel mild symptoms or persistent restlessness, anxiety, or memory difficulty, reach out and get help so that it doesn't get worse.



Call PFA EarlyCare at + 45 70 80 75 05

You can get help in finding out whether you need help and, if so, what help. You will also be able to plan a course together so that you as soon as possible come back to life again. [Read more here](#)

Do you have symptoms of stress and need for psychotherapy, you can also contact PFA Health Insurance directly, for help finding the right treatment and payment for the conversations. You do not need a reference from your own doctor as a starting point.



Call PFA Health Insurance at + 45 70 12 50 00

Press 2 first, then press 1 and finally press 2.

You can also contact them online. [See how here](#)

You get sick because of physical or mental illness

If you get sick with stress or other both physically or mentally serious illness, you have the opportunity to get help.

You can customize a course that suits your situation and where you will be associated with a permanent contact who will advise and assist you all the way.

Help if you become a sick

Both in relation to physical or mental illness

If you get sick from work – whether the disease is physical or mental, you can reach out and get help.



Call PFA EarlyCare at +45 70 80 75 05

You can get help finding the right treatment. You will also be able to plan a course together with PFA EarlyCare that is targeted to you. At the same time, you also have the possibility of sparring with a social worker.

At PFA EarlyCare, you will be assigned a permanent contact who will assist you all the way. You will also be assisted in using PFA Health Protection (your health insurance) when you and the contact find the right course for you. [Read more here](#)

Your acid field is expected to extend over a longer period of time

If you get sick with stress or other both physically or mentally serious illness, you have the opportunity to get help.

You can customize a course that suits your situation and have a permanent contact associated with it, who will advise and assist you all the way. It is also important that you have this reported to your insurance for loss of working ability at PFA Pension.

Help if your disease is longer

Expected to last for 3 months or longer

If you get sick from work – whether the disease is physical or mental, you can reach out and get help.



Call PFA EarlyCare at +45 70 80 75 05

Coverage in case of loss of working ability – your salary insurance

In addition to sparring and guidance via PFA EarlyCare, it is important that you contact PFA to apply for payment from your insurance for loss of working ability. The insurance is your salary insurance, which will be paid to Deloitte during your sick leave as long as you are employed. If you have to leave due to illness, the insurance will be paid to you. [Read more here](#)

You can read more about sparring and guidance via PFA EarlyCare here: [" you get sick because of physical or mental illness "](#)

You are diagnosed with a critical disease

If you are diagnosed with certain serious diseases, such as blood clots in the heart, certain cancer diagnoses, ALS/sclerosis, Parkinson's (one of a total of 25 defined diseases), you may be paid out for critical illness. This cover is a one-off payment which gives an economic respite during a difficult period of time.

It's entirely up to you what you spend on – for example, you can buy extra care or treatment, go on recreation or make changes in your home.

Help with certain critical diseases

Have you been diagnosed with a serious disease, such as blood clots in the heart, certain cancer diagnoses, ALS/sclerosis, Parkinson's, blindness/deafness, you can be paid out from your critical illness cover. [Read more here.](#)



Call PFA at +45 70 12 50 00

first press 2, then 2 and finally press 2.

You can also report online. **Log in [to my PFA,](#)**

Select "if you become seriously ill" under "your insurance".

In addition to paying out your insurance, you can also get help from PFA EarlyCare. Together you can find out if you need treatment or other help, so you as soon as possible can find a purpose in life again.

You will også be able to get help regarding the use of your health insurance through PFA Health Insurance.



Call PFA EarlyCare at +45 70 80 75 05

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Your child does not thrive and you want sparring and/or psychologist help for your child

When a child doesn't thrive it can be expressed in many ways – from emerging mild symptoms, such as restlessness and nervousness, to persistent symptoms such as anxiety, insomnia and depression.

This can often affect the whole family, and therefore PFA is ready to help you and your child with advice and guidance. Together, You can clarify what is needed in your particular situation.

Help if your child is not thriving

If your child is not thriving from emerging mild symptoms, such as restlessness and nervousness, to persistent symptoms such as anxiety, insomnia, and depression, you can get help and advice. [Read more here.](#)



Call PFA EarlyCare at +45 70 80 75 05

As a parent of a child who is not thriving, you may experience doubt and uncertainty – not least in relation to what is best for your particular child.

For PFA EarlyCare, you can get qualified guidance to find the right psychologist or therapist to suit your situation.

If you have chosen to purchase PFA Health Insurance for your child, the PFA EarlyCare health adviser will also be able to advise you on how to get help to cover any psychologic conversations via PFA Health Protection (your health insurance).

Your child is diagnosed with a critical disease

If your spouse/partner/registered partner's child (biological children, adoptive children, and stepchildren) under 24 years of age is affected by a serious illness, you may receive a critical illness cover for children.

The diseases covered are defined by PFA and can be, for example, surgical heart disease, major organ transplantation, Diabetes 1, brain bleeding or blood clot in the brain (one of a total of 25 defined diseases).

Help for children with certain critical diseases

Valid for children under 24 years

If your child has had a serious disease, such as surgical heart disease, major organ transplantation, Diabetes 1, brain bleeding, or blood clot in the brain, you can get a payment from the cover for critical illness to children. This cover is a one-off payment that provides an economic respite during a difficult period of time.



Call PFA at +45 70 12 50 00

First press 2, then 2 and finally press 2.

You can also report online. [Log in to my PFA,](#)

Select "if you become seriously ill" under "your insurances".

In addition to payment from the insurance, you can also get help from PFA EarlyCare. Together you can find out if your child needs treatment or other help, and here you will also get help to use your health insurance through PFA Health Insurance if your child is going to be treated.



Call PFA EarlyCare at +45 70 80 75 05

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