

Preventive help

Jannora,
SPP

Preventive
help 24/7

Most of us, at some point in our lives, find ourselves in situations where we feel depressed, have difficulty sleeping, feel stressed or just unwell. Help is available!

Most people feel that just talking to someone makes them feel better. A lot of problems can also be prevented if help is available in an early stage.

You will have access via your employer to preventive help, which means that you can turn to our Helpline via telephone with support for daily problems 24/7. It makes no difference whether it is a work-related or a private issue, and you will be completely anonymous with respect to your employer.

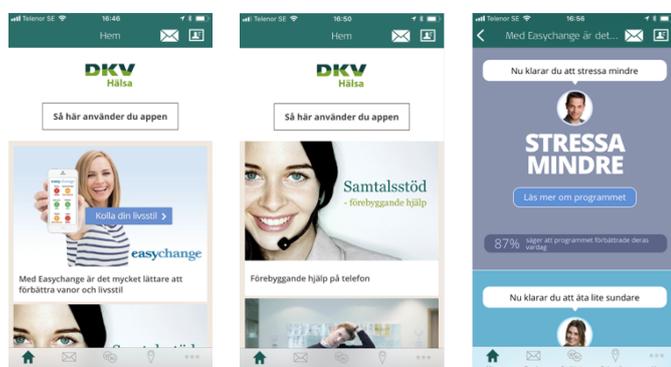
- At the workplace; it could be stressful, you risk to be burned-out, bullying can occur, cooperation problems etc.
- In your private life; it could be relationship problems, divorce, conflicts, substance abuse problems, problems with the children etc.

Download our "DKV Hälsa" mobile app

In the app, you will find a test (Easychange) where you can test your own health habits. Based on the results, you will be encouraged to run through a number of different health programmes. These programmes are based on the latest psychological research aimed at making it easier to change and improve habits and lifestyles.

Please note – only you get access to the results of the health test and the health programmes. We do not collect data from these. The app is available from both Google play and Appstore.

Or you can call Helpline on 0770-456 780 to speak to one of our therapists.



More information:

DKV Hälsa is a branch of Storebrand Helseforsikring AS, Norway. Street address: Vasagatan 10. Postal address: DKV Hälsa, SE-105 39 Stockholm. Tel. +46 8 619 62 00, www.dkvhalsa.se, corp. reg. no. 516402-6998, registered in the Filialregisteret [the register of branch offices].

DKV Hälsa sells this insurance for Storebrand Helseforsikring AS, Professor Kohts vei 9, Postboks 464, N-1327 Lysaker, Oslo, tel. +47 22 31 13 30, www.storebrandhelse.no, corp. reg. no. 980 126 196, registered in the Register of Business Enterprises, Brønnøysund.



For further information go to spp.se or call customer service on +46 771 533 533.

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