

How to use PensionDanmark's Health Programme

What is the problem?

How to get help



Pain or injury?

Perhaps you are suffering from minor back, knee, shoulder or hip injury.



Book a treatment

Book an appointment with a physiotherapist or a chiropractor via our [app](#) or on [pension.dk/en](#) – or call [+45 7010 0806](#).



Do you need a doctor?

Use Online Doctor outside your own doctor's opening hours, e.g. at night and weekends.



Speak to a doctor via videolink

Our Online Doctors can help you with most of the matters that your own doctor helps you with. Consult Online Doctor via the app or at [pension.dk/en](#).



Need someone to talk to?

Anyone can experience stress, depression, divorce or death of a close relative.



Call one of our psychologists

Maybe one consultation is all it takes. Book an appointment with an online psychologist via the [app](#) or at [pension.dk/en](#).



Specialist or scan?

We can help you get treatment fast – and quickly return to work.



Reduce waiting time

Forward your GP referral to us via [pension.dk/en](#) – and we will make sure you get a fast-track examination.



Are you often ill?

Get help and answers to questions about health and illness.



Let us help you get the right treatment

Get help from our nurses. They know everything about treatment guarantees, the free choice of hospitals and waiting times. Call [+45 7012 1335](#).



Sick leave or lost your job?

Perhaps you are absent due to illness, have lost your job or are afraid of losing it.



Know your options

Talk to our social workers about your options for getting a subsidised job or a job in a different industry. Call [+45 7012 1331](#).

Take a health check

Tell us about you and your habits on [pension.dk/en](#) and see how you can get help free of charge.

You can get help regardless of whether your problem is work-related or of a private nature. Check your scheme on [pension.dk/en](#).