

Contrain Care

For your physical and psychological health

Contrain



The Contrain Care

Additional care for vaccinated: PostCovid care

Additional care for all: psychological care

Care to choose: health services, sports services, language benefits, Enel-med



PostCovid care

- ✓ For people who want to monitor their health condition during the pandemic
 - ✓ For people who are vaccinated
 - ✓ Based on individual preferences
 - ✓ More information hr@contrain.pl



- ✓ It is your income some costs need to be paid
- ✓ The final amount depends on the costs of checks



Psychological Care

- ✓ Online sessions
- ✓ Psychological Care in the offices in Poland
- ✓ Phone consultations



On-line psychological help is provided in:

Polish

English

Registration is open 24 hours a day.

You can use psychological support in the morning, afternoon, evening and weekends.



You can choose two bonuses from:

health services, sports services,
language benefits, Enel-med



Health Services

- ✓ Physiotherapist
- ✓ Massage therapist
- ✓ Rehabilitator
- ✓ Dietetics
- ✓ Doctors of various specializations

You can change a service each month.

You can spend 50 euro monthly on health services.



Sport Services

Choose your favorite sport activities

- ✓ yoga
- ✓ gym
- ✓ swimming pool
- ✓ or....whatever you want 😊

You can change a service each month.

You can spend 40 euro monthly on sport services.



- ✓ Choose your sports activities/ health services
- ✓ Take the invoice (NL) or bill (DE) before the service is provided
- ✓ The invoice needs to be issued on the ny you are employed
 - ✓ You have 40 euros to spend
- ✓ Check instructions on how to settle the cost

Invoices instructions will be available soon



Cost need to be paid by the employee

- ✓ If you work in the Netherlands (work agreement): health services - **5 euro/month**, sport - **1 euro/month** (we will use WKR)
- ✓ If you work in Germany (work agreement): help services - **8 euro/month**, sport - **1 euro/month** (tax-free allowance)
- ✓ B2B – please check Your cost with your accountant



Language courses

- ✓ Language School Target & Shane
- ✓ Choose your own language course



Language School Target & Shane

You can choose the language you want to learn!

- ✓ Polish
- ✓ English
- ✓ Dutch
- ✓ German
- ✓ Spanish
- ✓ Russian
- ✓ and much more!



On-line lessons, with a native speaker
or English tutor

**Two 60-
minutes
lessons
a month**

or

**Three 45-
minutes
lessons
a month**

*with holiday break (June- August)



Choose your language program:

Language camp, your tutor, the school chosen by you,
face-to-face lessons, etc.

There is **450 euro** per year you can spend on your own way
of learning foreign language. There are no additional cost for
an employee.



Enel Med

Enel-Med is a health services provider available only in Poland

You can check the available medical facilities on the website:

[Centres and facilities | ENEL-MED Medical Center](#)



Enel- med Care Medical Program Offers:

- ✓ Preventive consultations: internist, family medicine specialist, gynecologist *
- ✓ Detailed blood tests
- ✓ Specialist consultations with doctors *
- ✓ Medical services in English
- ✓ Dental prophylaxis and emergency assistance - discount on treatment
- ✓ Vaccination against influenza, tetanus, and diphtheria
- ✓ Conducting a pregnancy

***A doctor's consultation is available via chat, video, or phone call**



If you have any questions about the benefits,
write to hr@contrain.pl.

