

# 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](mailto: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](mailto:hr@contrain.pl).

