



## AUAS WORK-RELATED CARE PROVIDER GUIDE

Question	Applicant	Provider	More info
<b>Coaching for</b> - rehabilitation - absenteeism prevention - burnout symptoms - work/life balance	- Employee - Supervisor - Occupational physician	<b>AUAS Academy coaches: Nadia Tromp and Jolanda van Zaalen</b> - Information: <a href="#">AUAS Academy</a> - Contact: <a href="mailto:academie@hva.nl">academie@hva.nl</a>	P. 1
	- Supervisor - Occupational physician	<b>Nicole Koot</b> - Information: <a href="http://www.kootching.nl">www.kootching.nl</a> - Contact: <a href="mailto:info@kootching.nl">info@kootching.nl</a>	P. 2
		<b>Edward Smith</b> - Information: <a href="http://www.ortic.nl">www.ortic.nl</a> (under construction) - Contact: <a href="mailto:e.smith@ortic.nl">e.smith@ortic.nl</a>	P. 3
		<b>Claar Spierdijk</b> - Information: <a href="http://www.spierdijkbegeleiding.nl">www.spierdijkbegeleiding.nl</a> - Contact: <a href="mailto:spierdijk.begeleiding@gmail.com">spierdijk.begeleiding@gmail.com</a>	P. 4
<b>Staff welfare</b>	- Supervisor - Occupational physician	<b>AMC Occupational Health and Safety Service / staff welfare</b> - Information: <a href="http://www.arbodienstamc.nl">www.arbodienstamc.nl</a> - Contact: until 1 April 2020 Mr Marnix Pot, <a href="mailto:m.pot1@amsterdamumc.nl">m.pot1@amsterdamumc.nl</a> / tel. 020 566 20 83	
<b>Occupational advice</b>	- Occupational physician	<b>AMC Occupational Health and Safety Service / occupational consultant</b> - Information: <a href="http://www.arbodienstamc.nl">www.arbodienstamc.nl</a> - Contact: Ms Tootje van Ruiten <a href="mailto:c.j.vanruiten@amsterdamumc.nl">c.j.vanruiten@amsterdamumc.nl</a> / tel. 020 566 20 83	P. 6
<b>Psychological interventions</b>	- Occupational physician	<b>Grip Psychologen</b> - Information: <a href="http://www.grippsychologen.nl">www.grippsychologen.nl</a> - Contact: <a href="mailto:info@grippsychologen.nl">info@grippsychologen.nl</a> / tel. 085 047 11 47	P. 7
<b>Workspace interventions</b> - Workspace advice/visits - Vaccinations	- Supervisor - Occupational physician - Employee	<b>AMC Occupational Health and Safety Service / workspace assessment</b> - Information: <a href="http://www.arbodienstamc.nl">www.arbodienstamc.nl</a> - Contact: Ms Patty Boers: <a href="mailto:p.boers@amc.uva.nl">p.boers@amc.uva.nl</a> - Tel. 020 525 55 45	P. 8

		<p><b>Nick Koster, AUAS occupational health and safety coordinator</b>  <i>(for the Faculty of Digital Media and Creative Industries (FDMCI), Faculty of Business and Economics (FBE), Faculty of Education (FOO), and Faculty of Applied Social Sciences and Law (FMR)).</i></p> <p>- M: 06 2115 69 25 / Email: <a href="mailto:n.koster@hva.nl">n.koster@hva.nl</a></p>	
<p><b>Physical interventions</b></p> <p>- Physiotherapy</p>	- Occupational physician	<p><b>USC Physiotherapy</b></p> <ul style="list-style-type: none"> <li>- Information: <a href="http://www.arbodienstamc.nl">www.arbodienstamc.nl</a></li> <li>- Contact: <a href="mailto:info@uscphysiotherapie.nl">info@uscphysiotherapie.nl</a></li> <li>- Telephone numbers: <ul style="list-style-type: none"> <li>020 525 89 52 for @Science Park location</li> <li>020 525 89 62 for @Amstel Campus location</li> <li>020 566 32 23 for @AMC location</li> <li>020 525 89 62 second opinion at Rooseveltlaan office</li> </ul> </li> </ul>	P. 9
<p><b>Multidisciplinary interventions</b> (including burnout symptoms)</p>	- Supervisor - Occupational physician	<p><b>Winnock Zorg</b></p> <ul style="list-style-type: none"> <li>- Information: <a href="https://www.winnock.nl">https://www.winnock.nl</a></li> <li>- Contact: <a href="mailto:casper.van.ooijen@winnock.nl">casper.van.ooijen@winnock.nl</a> M 06-383 26 186</li> </ul>	P. 10

<p><b>Requests for work-related care</b></p>	By employee	<p><b>The employee can submit a request directly for:</b></p> <ol style="list-style-type: none"> <li>a) Coaching process with the AUAS Academy coaches</li> <li>b) Workspace interventions <ul style="list-style-type: none"> <li>* advice on arrangement of their own workspace</li> <li>* purchase of computer glasses or hearing aid on the advice of the occupational physician</li> </ul> </li> </ol>
	By supervisor	<p><b>The same as for employees, but also:</b></p> <ol style="list-style-type: none"> <li>a) Coaching process with external coaches</li> <li>b) Use of staff welfare of the AMC Occupational Health and Safety Service</li> <li>c) Use of occupational advice from the AMC Occupational Health and Safety Service</li> <li>d) Use of Winnock processes</li> <li>e) Use of work-related care service providers not mentioned in this guide</li> </ol>
	By occupational physician	<p><b>The same as for employees and supervisors (a through d), but also:</b></p> <ul style="list-style-type: none"> <li>* Use of occupational advice</li> <li>* Use of psychological and physical interventions</li> </ul>
<p><b>Details of occupational physicians</b></p>	Who is my occupational physician?	Go to <a href="https://az.hva.nl/medewerkers/staven-en-diensten/a-z/item/arbodienst.html">https://az.hva.nl/medewerkers/staven-en-diensten/a-z/item/arbodienst.html</a> to find the name and contact details of your occupational physician

**Information on work-related care providers for AUAS**  
Section: Coaching / p. 1

Organisation	Name of coach		Name of coach	
<p><b>AUAS Academy</b></p> <p>Info: <a href="http://www.augas.nl">AUAS Academy</a></p> <p>Contact: <a href="mailto:academie@hva.nl">academie@hva.nl</a></p>		<p>Jolanda van Zaalen (<a href="mailto:j.p.van.zaaen@hva.nl">j.p.van.zaaen@hva.nl</a>)</p>		<p>Nadia Tromp (<a href="mailto:n.m.h.tromp@hva.nl">n.m.h.tromp@hva.nl</a>)</p>
<p>The AUAS Academy coaches are all certified and observe the code of ethics as laid down by NOBCO, the Netherlands association of professional coaches.</p>				
<p><b>Brief description of services:</b></p>				
<p><b>Coaching aimed at prevention and rehabilitation</b></p> <ul style="list-style-type: none"> <li>- We provide preventive coaching in cases in which absence is imminent. If the balance between your ability to handle stress and the amount of stress you are experiencing has become disrupted, we will focus on helping you regain your vitality and striking the right balance between your work and private life.</li> <li>- In coaching aimed at rehabilitation, we provide support for those who have not taken part in the work process for some time due to issues such as physical illness, stress-related symptoms or burnout. This coaching is aimed at helping you return to work successfully and most importantly, at minimising the chances of you winding up absent again in future.</li> </ul>				
<p><b>Coaching aimed at vitality</b></p> <ul style="list-style-type: none"> <li>- This coaching is suitable for those who want to experience less stress, without sacrificing long-term performance. Or if you are too committed to your work, and therefore run the risk of becoming overwhelmed by it. We will focus on increasing your vitality and ability to cope. Together, we will consider how you can get your energy back and address physical signs or blockages more quickly. We will also strive for you to regain your job satisfaction.</li> </ul>				
<p><b>Coaching for personal leadership</b></p> <ul style="list-style-type: none"> <li>- These coaching sessions will focus a lot on subjects such as power, fear of failure and choosing your own position. We will talk about being able to accept and take advantage of differences, as well as about mirroring and being mirrored and transform any rigid ideas and aversions you may have. We will also discuss how you can connect with a constantly changing environment and how you can still maintain confidence in your own views.</li> </ul>				
<p><b>Duration of coaching processes</b></p> <ul style="list-style-type: none"> <li>- These processes are always personalised and in general consist of no more than five (5) 90-minute sessions, not including the intake interview.</li> </ul>				
<p><b>Costs</b></p>				
<p>The services of the AUAS coaches are provided free of charge.</p>				

**Information on work-related care providers for AUAS**  
**Section: Coaching / p. 2**

Organisation	Name of coach	
 <p>Information: <a href="http://www.kootching.nl">www.kootching.nl</a></p>		<p><b>Nicole Koot:</b> Contact: <a href="mailto:info@kootching.nl">info@kootching.nl</a>  M: 06 5164 82 20</p>
<p>Nicole Koot has been certified among others by the <a href="#">International Coach Federation</a> (ICF) as a Master Certified Coach (MCC) and observes the code of ethics laid down by the ICF. She is also accredited by consultancy <a href="#">QSN Kwaliteitsmanagement</a> according to the Achmea assessment guidelines (ABR-light) for coaching.</p>		
Brief description of services		
<p><b>Coaching aimed at absenteeism prevention and improvement in work/life balance.</b></p> <p>I provide coaching aimed at preventing absence. If the balance between your ability to handle stress and the amount of stress you are experiencing has become disrupted, we will focus on helping you regain your vitality and striking the right balance between your work and private life. In so doing, the following subjects may be addressed: - What gives you energy? - Do you have sufficient opportunity to perform all of your roles? (Or is your role as an employee consuming most of your time and energy?) - Learning to maintain focus and work according to the principle of 'first things first' (The 7 Habits for Managers by Stephen Covey) – Learning to say 'no' – Problems with making choices.</p>		
<p><b>Coaching aimed at personal leadership</b></p> <p>If you feel like you are no longer in control of your life, that can drain your energy. You feel like what happens to you is beyond your control, you are resistant to change, you are faced with dilemmas which you have no impact on, you feel like you are unable to promote your ideas, you do not feel heard, etc. You feel disempowered and run the risk of becoming less productive, feeling ill at ease or winding up absent from work. Then coaching can be an effective means for reclaiming control over your life. Depending on the problems you are experiencing, we will get to work on gaining insight into who you are, what you stand for and what you consider important. Because you will be more aware of issues, you will be in a better position to make other choices, change your behaviour, focus on the activities that give you energy and be able to maintain confidence in your own views. You will discover which ideas are standing in the way of effective action and learn to turn these into beliefs which enable you to exhibit new behaviours: including communicating more effectively (without emotion or judgement), learning how to say 'no', persuading others, focusing on matters important to you, etc.</p>		
Duration of coaching processes		
<p>These processes are always personalised and in general consist of five (5) 90-minute sessions, not including the intake interview.</p>		
Costs		
<p>Costs are based on a quotation, which is issued to the AUAS client.</p>		

**Information on work-related care providers for AUAS**  
**Section: Coaching / p. 3**

Organisation	Name of coach	
 <p>Information: <a href="http://www.ortic.nl">www.ortic.nl</a></p>		<p><b>Edward Smith:</b> Contact: <a href="mailto:e.smith@ortic.nl">e.smith@ortic.nl</a>  M: 06 4382 44 04</p>
<p><b>Quality guarantee / certification:</b>  QSN and Livvit</p>		
Brief description of services		
<p><b>Coaching aimed at prevention, absenteeism prevention and rehabilitation</b></p> <ul style="list-style-type: none"> <li>- This coaching is brief, intensive and action-oriented and will help you get in touch with your motivation and sense of responsibility. This will involve taking a critical look at yourself, taking responsibility for your own choices and changing your behaviour. That leads to positive results. Based on a positive and solutions-oriented approach, I work towards improvement in the situation.</li> </ul>		
<p><b>Coaching aimed at long-term employability</b></p> <ul style="list-style-type: none"> <li>- My objective as a coach and mentor is to promote long-term employability. I help with issues related to Work Capacity (the degree to which someone is physically and mentally capable of meeting the demands imposed by the work), Employability (a combination of knowledge, skill and attitudes required for the work) and Vitality (a combination of energy and motivation).</li> </ul>		
<p><b>Duration of coaching processes</b></p> <ul style="list-style-type: none"> <li>- These processes are always personalised and undertaken in consultation with the HR adviser.</li> </ul>		
Costs		
<p>Costs are based on a quotation</p>		

**Information on work-related care providers for AUAS**  
**Section: Coaching / p. 4**

Organisation	Name of coach	
 <p><b>Spierdijk</b> Begeleiding</p> <p>Information: <a href="http://www.spierdijkbegeleiding.nl">www.spierdijkbegeleiding.nl</a></p>		<p><b>Claar Spierdijk:</b> Contact: <a href="mailto:spierdijk.begeleiding@gmail.com">spierdijk.begeleiding@gmail.com</a>  T: 0294 288 973</p> <p>Claar Spierdijk is registered with association for supervision and coaching, LVSC, and the Dutch College of General Practitioners (NHG) and works according to the LVSC's code of ethics.</p>
<b>Brief description of services</b>		
<p><b>Coaching aimed at rehabilitation in cases of overstress, burnout or physical illness</b></p> <ul style="list-style-type: none"> <li>- The coaching is aimed at facilitating a successful return to work (building up work rhythm, recovering strength and energy) and preventing absence.</li> </ul>		
<p><b>Coaching aimed at absenteeism prevention / improvement in work/life balance / healthy time and energy management</b></p> <ul style="list-style-type: none"> <li>- This coaching is aimed at preventing absence. We will look at the factors that play a role in restoring or optimising the balance in your life to a degree that is healthy for you and will start working towards this based on a result-oriented approach.</li> </ul>		
<p><b>Coaching aimed at coping with loss in the workplace e.g. in the case of a merger or change in duties</b></p> <ul style="list-style-type: none"> <li>- When something changes at work, this can lead to stress or other health problems. This form of coaching is aimed at helping you learn how to deal with changes in your own way, so you will again be able to function in a healthy way.</li> </ul>		
<p><b>Coaching aimed at regaining or optimising job satisfaction 'How can I stay fit until the job is done?'</b></p> <ul style="list-style-type: none"> <li>- In order to do your work in a way that is good for your health, and continue doing so, it is important that you enjoy what you do. With a 'periodic work inspection', you can gain new insights and new, energising perspectives, which will have a positive effect on your job satisfaction and health.</li> </ul>		
<p><b>Duration of coaching processes</b></p> <ul style="list-style-type: none"> <li>- These processes are always personalised and in general consist of no more than five (5) 90-minute sessions, not including the intake interview.</li> </ul>		
<b>Costs</b>		
<p>Costs are based on a quotation, which is issued to the AUAS client.</p>		

**Information on work-related care providers for AUAS**  
Section: Staff welfare / p. 5

Organisation	Name of staff welfare officer	
 <b>Staff welfare</b>		<p><b>Marnix Pot:</b> <a href="mailto:m.pot1@amsterdamumc.nl">m.pot1@amsterdamumc.nl</a> staff welfare officer &amp; adviser on psychosocial work stress at AMC Occupational Health and Safety Service</p> <p><b>Contact:</b> if you want to make or change an appointment, please contact the occupational healthcare service by sending an email to <a href="mailto:bgz@amc.uva.nl">bgz@amc.uva.nl</a> or by phoning 020 566 20 83.</p> <p>I have several years' experience working as a staff welfare officer and trainer at various companies and organisations. I like to take a solution-oriented approach and can assist people in figuring out how to deal with changes and how to position themselves effectively.</p>
My approach		
<p>As a staff welfare officer, I assist AUAS and UvA employees who no longer enjoy their work because of issues related to stress. The process usually consists of three to five sessions, in which the employees tell me about their situation. During these sessions, I can hold up a mirror or provide tips based on the solution-oriented approach, which are directly applicable in practice. Based on these sessions, the employee regains an overview or is trained in dealing with difficult work situations. As a result, they have a better handle on their own situation and are ultimately able to enjoy going to work again.</p>		
Brief description of services		
<p><b>Prevention and rehabilitation</b></p> <ul style="list-style-type: none"> <li>- Because I work closely with the occupational physicians from the occupational health and safety service, I can provide coaching both in the case of imminent absence and if an employee requires assistance in the rehabilitation process. So don't delay for too long – but take action. If you feel like you are losing a handle on your work/life situation, you can request a preventive consultation with the occupational physician. The occupational physician can then refer you to me. This line is short thanks to our close collaboration. My coaching addresses psychosocial themes, such as dealing with pressure at work.</li> </ul>		
<p><b>Insight into patterns in interactions with others</b></p> <ul style="list-style-type: none"> <li>- This coaching is aimed at providing insight into patterns and beliefs which may at times hinder you in your interactions with others or as a result of which a latent conflict could potentially escalate. You will become familiar with and learn to recognise the patterns, as a result of which you can alter these step by step by experimenting with behaviours that are new for you. This will touch on themes such as control, expressing oneself clearly, setting boundaries and being flexible to a point.</li> </ul>		
<p><b>Dealing with change, including in the organisation</b></p> <ul style="list-style-type: none"> <li>- Change can be threatening, but sometimes it is also necessary. You do not always have control over changes. But you can control how you respond to them. This coaching is aimed at helping you become more resilient and enabling you to continue enjoying your job despite the changes happening in the environment.</li> </ul>		
<p><b>Duration of the coaching process</b></p> <ul style="list-style-type: none"> <li>- The coaching consists of no more than five sessions. I have a duty of confidentiality. I do, however, sometimes have confidential meetings with the occupational physician. Based on a <b>referral from the occupational physician or your supervisor</b>, you can make an appointment yourself with the occupational healthcare service by sending an email to <a href="mailto:bgz@amc.uva.nl">bgz@amc.uva.nl</a> or phoning 020 566 20 83. If you cannot keep your appointment, please notify the occupational healthcare service as soon as possible, but no later than 24 hours in advance.</li> </ul>		
Costs		
<p>Use of staff welfare is arranged for by the AMC Occupational Health and Safety Service. The costs amount to €110 per consultation (based on 60-minute session) The process consists of no more than 5 sessions, at a cost of no more than €550 These costs are invoiced to the employer.</p>		

**Information on work-related care providers for AUAS**  
**Section: Occupational advice / p. 6**

Organisation	Occupational assessment	
 <p align="center"><b>Occupational advice</b></p>		<p><b>Tootje van Ruiten</b></p> <ul style="list-style-type: none"> <li>- For information on and clarification of social security matters:  <a href="mailto:c.j.vanruiten@amc.uva.nl">c.j.vanruiten@amc.uva.nl</a> / 06 5169 98 46/ if no response, phone 020 525 66 25</li> <li>- To request occupational assessment and advice, in consultation with the occupational physician.</li> </ul> <p>Occupational consultants from the occupational health and safety service are registered and certified and observe the code of ethics of professional association NVVA.</p>
<b>Brief description of services</b>		
<p><b>Occupational assessment and advice aimed at sustainable return to work</b></p> <ul style="list-style-type: none"> <li>- An occupational consultant usually only enters the picture when the absence has lasted a long time and there are doubts as to whether you are still capable of doing the same kind of work. The assessment is aimed at making a substantiated determination of whether your own work is still appropriate for you or whether it can be made appropriate by modifying the range of duties, workspace or working hours, for example. If that is no longer possible, the occupational consultant provides advice as to what can be done to ensure you can continue working for a sustained period of time.</li> <li>- The occupational consultant can also provide advice at an earlier stage of the process. If the aim is for you to return to your usual duties, but the rehabilitation process has stagnated, or you and your supervisor cannot agree on your work options or the use of another party, the advice of the occupational consultant may be sought in order to overcome this impasse. This intervention is aimed at moving the rehabilitation process forward, so that time is not unnecessarily wasted and so that the right steps are taken within the parameters of the Eligibility for Permanent Incapacity Benefit (Restrictions) Act (<i>Wet Verbetering Poortwachter</i>).</li> </ul>		
<p><b>Duration of occupational assessment and advice</b></p> <ul style="list-style-type: none"> <li>- The occupational assessment forms part of the legal framework with regard to absenteeism and must have been initiated for the first time by no later than the end of the first year of illness. In general, an occupational assessment or advice is issued only once. After 4 weeks, an assessment concludes with a report. The advice can be given verbally or in writing, in an individual meeting or a social-medical consultation.</li> </ul>		
<p><b>Information on and clarification of social security matters</b></p> <ul style="list-style-type: none"> <li>- If you are ill, you could end up dependent on benefit at any time. Receiving benefit has consequences for your income and your legal position. For someone who is normally never involved in this, social security can be a complicated subject. The occupational consultant can help you consider which situation you are in as regards benefit and what impact that will have on your income and employment.</li> <li>- The Employee Insurance Agency (UWV) determines whether or not you are entitled to benefit. However, the UWV's decisions are not necessarily always correct. Because this has consequences for your income, and sometimes also for the organisation, it is important to know whether or not you or your employer are being done a disservice, and if so, what steps you can take to dispute this. The occupational consultant can provide you with information and advice on this subject.</li> </ul>		
<b>Costs</b>		
<ul style="list-style-type: none"> <li>- The use of occupational consultants is arranged for by the AMC Occupational Health and Safety Service. The costs are borne by the client. An occupational assessment costs €880 excluding VAT (based on 8 hours (estimate). It may take longer to assess complex cases. Extra charges are discussed with the client in advance.</li> <li>- Clarification of and information about social security matters (the costs for these services fall under the AMC Occupational Health and Safety Service's central contract with the AUAS) are provided free of charge.</li> </ul>		

**Information on work-related care providers for AUAS  
Section: Psychological interventions / p. 7**

<b>Organisation</b>	<b>Psychological interventions are always initiated via the occupational physician</b>		
	<b>Contact the occupational physician to make use of care services through Grip Psychologen</b>		
<b>Brief description of services</b>			
<b>Indication</b>			
<ul style="list-style-type: none"> <li>Nearly everyone goes through the occasional period in which things do not go as well as they hope. Supervisors may notice that an employee is not performing as well as usual, appears fatigued or has a less flexible attitude than normal. This can have variety of causes. For example, switching positions, experiencing a high workload, problems with colleagues or one's supervisor, as well as personal problems can all play a role in this. At Grip Psychologen, employees receive professional support so they can again work with enthusiasm and pleasure or to perform optimally in their job.</li> </ul>			
<b>Quick assistance</b>			
<ul style="list-style-type: none"> <li>Employees can be helped quickly by Grip. The intake interview can be scheduled within 10 working days, the report is issued within 5 working days after the intake interview and the treatment begins on a continuous basis after the intake interview has taken place. As a result, it is possible to immediately start working towards the defined goals, bringing about significant improvement in the ability to perform and in mental health.</li> </ul>			
<b>Dual-track approach</b>			
<ul style="list-style-type: none"> <li>The occupational physician identifies the issue and refers you to Grip. 'Grip on work' is a dual-track approach, including 'Preventive and performance' aimed at boosting performance or preventing complaints and absence from work, as well as a curative portion, 'Recovery', aimed at treating psychological complaints with an emphasis on work/return to work. In all cases, the approach is performance-oriented, effective and attentive and is based on evidence-based techniques: cognitive behavioural therapy and EMDR, if indicated. 'Grip on Work' enhances the ability to perform and mental health. Getting started at an early stage helps prevent absenteeism, or ensure it does not last too long. Providing assistance in the return to work prevents stagnation and results in a faster recovery.</li> </ul>			
<b>Duration of coaching and treatment</b>			
The duration of the coaching process depends on the treatment provided. The two tracks are explained below.			
<ul style="list-style-type: none"> <li>'Preventive and Performance' consists of two packages. Stressless is aimed at preventing stress-related complaints and StrongWork is aimed at improving the ability to perform. Both packages include the following as standard: an intake interview, report, test assessment, 7 sessions with a psychologist, a follow-up session, contact and information exchange with the occupational physician and employer and an identification plan.</li> <li>'Recovery' consists of the packages, Basic*, Medium** and Top****. The following are included as standard: an intake interview, report, test assessment, 10 sessions with a psychologist, E-Health support, InBalance module, contact and information exchange with the occupational physician and employer and relapse prevention plan. Medium** also includes the Time Management module, a Strengths-Weaknesses analysis and a follow-up interview. In addition to that, Top**** offers RunningTherapy or the Self-image group and a three-way interview between the client, supervisor and the therapist.</li> </ul>			
<b>Costs</b>			
<b>Grip on Work Preventive</b>	<b>Grip on Work Recovery</b>	<b>Costs for reimbursed care (in the case of a diagnosis)</b>	<b>Costs for non-reimbursed care</b>
Stressless €1,095	Recovery Basic*	€330	€1,500
Stressless €1,095	Recovery Medium*	€580	€1,750
	Recovery Top****	€1,080	€2,250
<b>Individual services</b>			
Costs per session	€95		
Skype/ telephone session	€45		
Three-way interview	€210		

**Information on work-related care providers for AUAS**  
**Section: Workspace interventions / p. 8**

Organisation	Workspace advice (You can request workspace advice yourself. You should, however, inform your supervisor about this)
 <p style="text-align: center;"><b>Workspace advice/visits</b>  <b>Vaccinations against flu and other diseases</b></p>	 <p><b>Patty Boers</b>, occupational health and safety adviser and occupational health and safety nurse at AMC Occupational Health and Safety Service, Roeterseiland location (<i>for the Faculty of Technology (FT), Faculty of Sports and Nutrition (FBSV), Faculty of Health (FG), departments and services</i>)  T: 020 525 55 45 / M: 06 2427 04 35 / Email: <a href="mailto:p.boers@amc.uva.nl">p.boers@amc.uva.nl</a></p> <p><b>Nick Koster</b>, AUAS occupational health and safety coordinator (<i>for FDMCI, FBE, FOO, FMR</i>) M: 06 2115 69 25 / Email: <a href="mailto:n.koster@hva.nl">n.koster@hva.nl</a></p>
<b>Brief description of services</b>	
<p><b>Workspace advice</b></p> <ul style="list-style-type: none"> <li>- To prevent physical problems developing, it is essential to have a good workspace. Perhaps your office chair needs to be adjusted or replaced or your workspace could be arranged better. If you need assistance with this, you can request workspace advice with the occupational health and safety adviser from AMC Occupational Health and Safety Service and/or the occupational health and safety coordinator. When you start working at a new workspace, it is always a good idea to obtain workspace advice. You can try out ergonomic aids, provided they are in stock.</li> <li>- If you request <b>individual standard workspace advice</b>, you will receive general information and personal instructions about how to adjust your chair, desk and PC.</li> <li>- If you request <b>individual workspace advice with adjusted facilities</b>, the advice will focus on the choice of special facilities on medical grounds (as evidenced by a statement from a GP or occupational physician). It is also possible to purchase computer glasses, should this prove necessary (for more information, go to MijnHvA.nl → Workspace → Computer glasses).</li> </ul> <p><b>Request and feedback</b></p> <ul style="list-style-type: none"> <li>- A workspace assessment can be requested by an employee or supervisor or with a referral from the occupational physician.</li> <li>- The advice provided will be relayed to the involved party in writing.</li> </ul> <p><b>Vaccinations</b></p> <ul style="list-style-type: none"> <li>- In the month of October, you can go to the occupational health and safety nurse to receive your annual flu vaccination. We will inform you via the AUAS Newsletter when and on which days the flu vaccinations will be offered.</li> <li>- Employees can also go there for vaccinations before travelling to faraway destinations. This service is intended primarily for employees who are going on business trips, but can also be used before going on holiday.</li> </ul>	
<b>Costs</b>	
<ul style="list-style-type: none"> <li>- <b>Workspace advice and flu vaccinations</b>: there is no additional charge for these services, as they fall under the occupational health and safety service contract between AUAS and the AMC Occupational Health and Safety Service.</li> <li>- <b>Vaccinations required for faraway destinations</b>: In the case of a business trip, the costs are borne by the employer. In the case of a private holiday, the costs are borne by the employee and must be paid in cash. Depending on the insurance policy, the employee can claim the expenses from their own health insurance.</li> </ul>	

**Information on work-related care providers for AUAS**  
**Section: Physical interventions / p. 9**

Organisation	<b>Physiotherapy</b> Referral takes place on the advice of the occupational physician.	
	 <p align="center"><b>Roan Vierhout</b>, physiotherapist</p>	 <p align="center"><b>Joep Kamphuis</b>, physiotherapist</p>
Brief description of services		
<p>USC Fysiotherapie is an all-round practice and, as part of SMA Science Park, is located in:</p> <ul style="list-style-type: none"> <li>- Universum University Sports Centre, the AMC Sports Centre (ASC) in the Amsterdam Z-O district and in Amstel Campus Sport &amp; Fitness on Wibautstraat.</li> </ul> <p>With a referral from the occupational physician, you can rely on us for work-related physical care, including:</p> <ul style="list-style-type: none"> <li>- <b>Physical examinations/second opinions:</b> extensive physical examination for the analysis of physical complaints and development of a treatment plan.</li> <li>- <b>HRV</b> (stress test/heart rate variability): an objective method for determining response to stress and vitality.</li> <li>- <b>Ultrasound:</b> for the assessment of musculoskeletal conditions, among others of the shoulders, elbows, wrists/hands, hips, knees and ankles.</li> <li>- <b>Functional movement screen:</b> aimed at measuring whether core strength and balance are sufficient</li> <li>- <b>Specific programmes</b> aimed at the prevention of back and neck/shoulder/arm complaints.</li> </ul> <p>On referral from the occupational physician, seeing the employee within 48 hours is also an option and, if necessary, we will issue a report on this immediately. Our treatment methods are aimed at an active approach in which the patient takes centre stage. For this to succeed, it is essential that the patient has sufficient intrinsic motivation.</p>		
Costs		
<ul style="list-style-type: none"> <li>- In case of medical grounds: costs are reimbursed by employee's health insurance (supplementary insurance).</li> <li>- If the insurer does not reimburse the costs, services are provided based on a quotation issued to the employer. If appropriate, the employer can then reach payment agreements with the employee about this. The costs then amount to: <ul style="list-style-type: none"> <li>• Physiotherapy session in the practice                      €34 (25 min)</li> <li>• One-off physiotherapy consultation                      €45 (30 min, incl report)</li> <li>• Ultrasound (including report)                      €52 (30 min, incl report)</li> <li>• Second opinion for shoulder or knee complaints      €65 (60 min, incl report)</li> </ul> </li> </ul>		

**Information on work-related care providers for AUAS**  
**Section: Multidisciplinary interventions / p. 10**

<b>Organisation</b>	<b>Interventions carried out by Winnock always initiated via supervisor or occupational physician</b>
 <p>Information: <a href="http://www.winnock.nl">www.winnock.nl</a></p>	<p>Registration for Winnock process: via your supervisor or the occupational physician.</p> <p>Contact: <a href="mailto:amsterdam@winnock.nl">amsterdam@winnock.nl</a> / Contact person: <a href="mailto:casper.van.ooijen@winnock.nl">casper.van.ooijen@winnock.nl</a></p> <p>Telephone: Winnock Amsterdam: 088 946 62 00          Casper van Ooijen: 06 3832 61 86</p>
<b>Brief description of services</b>	
<p><b>Which complaints we can assist with</b></p> <ul style="list-style-type: none"> <li>- We can assist you with a variety of complaints, including complaints for which you have already been treated in the past, but that did not improve sufficiently with that treatment. These can include neck, shoulder, arm and back complaints, pelvic complaints, fibromyalgia, burnout, chronic fatigue, psychological complaints, etc.</li> <li>- Winnock will provide you with the tools to learn, step-by-step, how to deal with your complaints in another way.</li> </ul>	
<p><b>Our approach</b></p> <ul style="list-style-type: none"> <li>- You will be supported by a multidisciplinary team (physiotherapist/movement expert, occupational therapist/rehabilitation expert, psychologist and medical specialist/rehabilitation physician). These team members work together closely, as a result of which a big impact is achieved within a short period of time.</li> <li>- During an intensive programme, you learn how to deal with your complaints in another way, which will reduce their severity or may even eliminate them completely. The treatment does not focus on counteracting the complaints, but on enabling you to regain normal function both at work and in your private life.</li> <li>- The results tend to last thanks in part to the fact that follow-up care is provided for an entire year following treatment. You can always rely on us!</li> </ul>	
<p><b>Our goal</b></p> <ul style="list-style-type: none"> <li>- Breaking the downward spiral, so that you regain confidence in your body and your energy is brought back into balance.</li> <li>- Ensuring this new balance enables you to function normally again in spite of the complaints.</li> </ul>	
<b>Costs</b>	
<p>If it is not possible to receive any reimbursement from the basic health insurance, the costs are as follows (depending on the intensity and duration of the programme):</p> <ul style="list-style-type: none"> <li>• Brief programme: €4,800</li> <li>• Medium programme: €7,200</li> <li>• Long programme: €10,400</li> </ul> <p>If it is possible to receive reimbursement from the basic health insurance, a quotation will be issued for the rehabilitation portion 'Working Together Sustainably', for which the standard price is €2,118. These services are exempted from VAT.</p>	