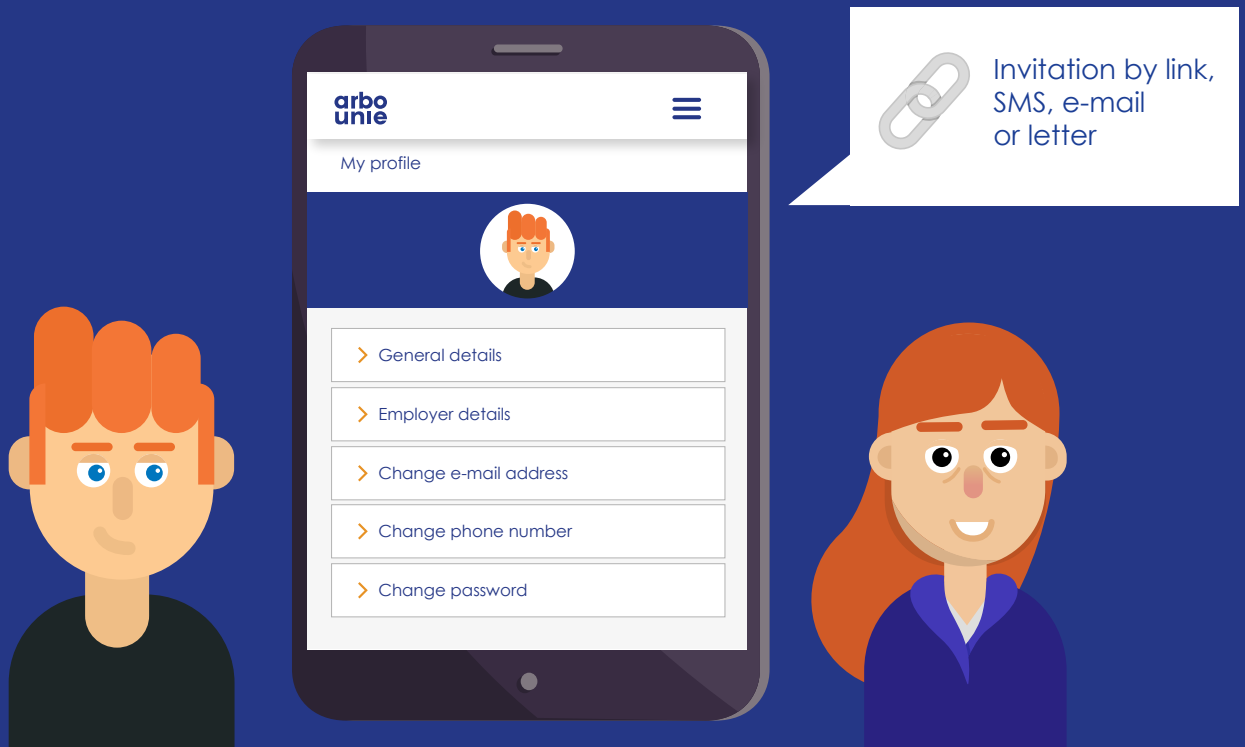


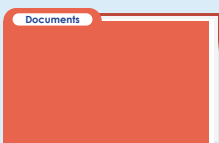
# Mijn Arbo Unie

## Online portal for employees



You have been invited to join 'Mijn Arbo Unie': the online portal for **employees who are off work sick** and **who are not off work sick**. This portal offers you the following benefits:

- ▶ Book and change appointments yourself
- ▶ Everything conveniently in one place
- ▶ Information about health and work



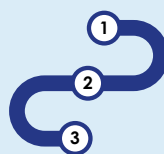
### DOCUMENTS

List of all documents



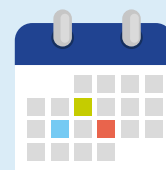
### DO SOMETHING

Questionnaires, reports and approve details



### TIMELINE

List of all activities over time



### APPOINTMENTS

Book and change appointments and receive reminders



### KNOWLEDGE BASE

Information and tips about vitality and health

# Register following invitation



You must register in order to use 'Mijn Arbo Unie'

Verification code will be sent by e-mail

- 2-step verification
- EN and NL available

arbo unie  
Welcome to Mijn Arbo Unie  
Choose a language / kies een taal  
English  
Login Register

Registration screen

E-mail address  
Alfred@mailadres.nl  
Send verification code  
New password  
Confirm new password  
Confirm password

Entering data

E-mail address  
Alfred@mailadres.nl  
534090  
Verify code Send new code  
New password  
Confirm new password  
Confirm password

Confirm

Country code  
Netherlands (+31)  
Telephone number  
06 - xxxxxxxx  
Send code  
Call me

Verification method

Terms of use  
Accept terms of use

Accept terms of use

Mijn Arbo Unie  
Online portal for employees  
E-mail address  
Alfred@mailadres.nl  
Password  
Log in

Log in

After accepting the terms of use you can log in with your e-mail address and password

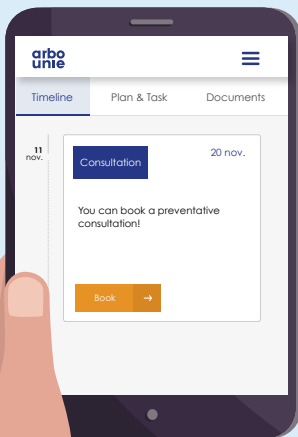
# Employees who are not off sick



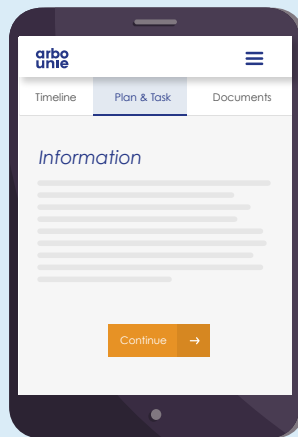
You are not ill. But you are looking for advice on how to maintain your health and vitality or how to deal with the pressures of work.



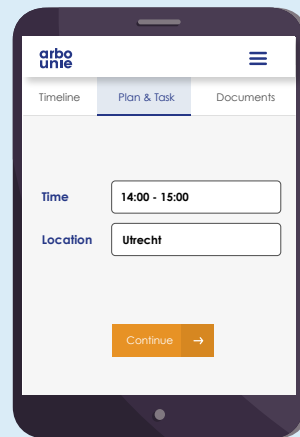
You can book a preventative consultation via 'Mijn Arbo Unie' to discuss - for example - how you can best deal with the pressures of work.



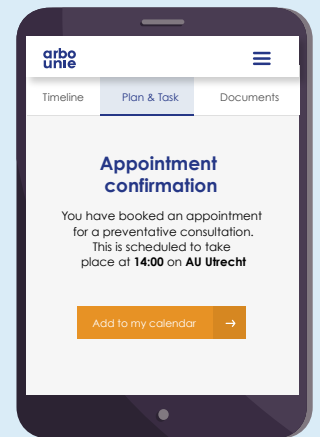
Book a preventative consultation



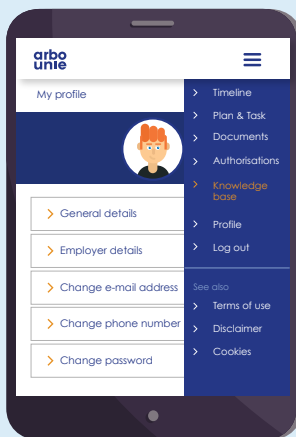
Required information



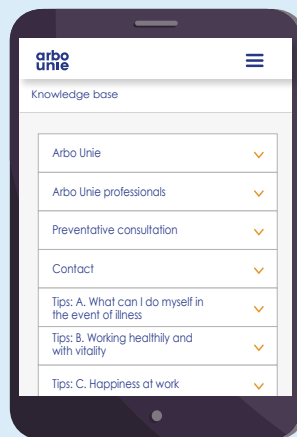
Choice of time and location



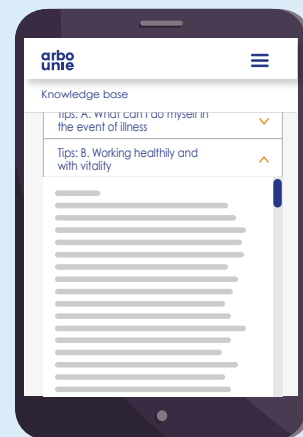
Receipt of appointment confirmation



Knowledge base



Tips



Working healthily and with vitality



You can find some tips on working healthily and with vitality in the knowledge base. This knowledge base is constantly updated and filled with new information.



# Employees who are off sick

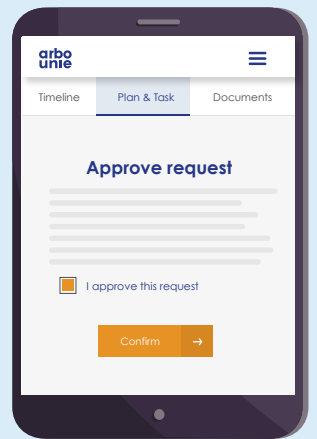
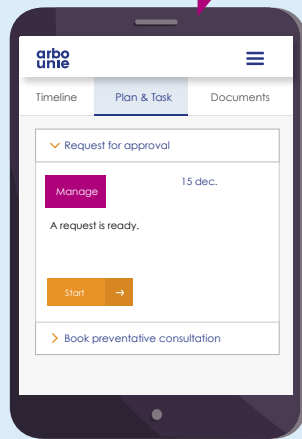
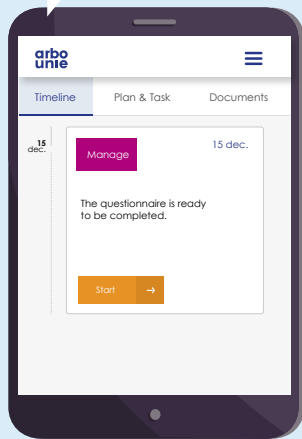
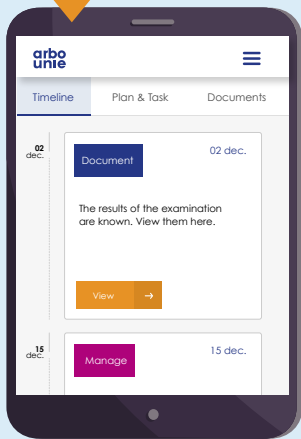


You are ill and have been in touch with Arbo Unie. 'Mijn Arbo Unie' makes it possible for you to manage everything easily online. So you can put all your energy into your recovery.

1  
2  
3 You can see all your activities on the timeline. This shows all your appointments and the professional's feedback from your consultation.

You can change appointments yourself and complete a questionnaire to prepare for an appointment with a professional from Arbo Unie.

You will receive a request for approval in Plan & Task.

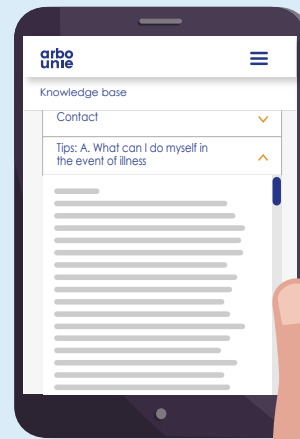
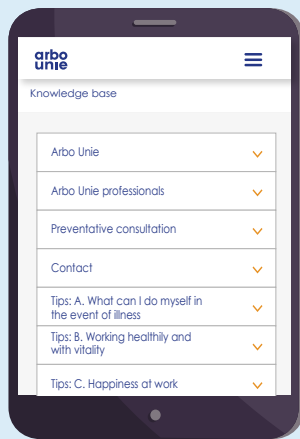
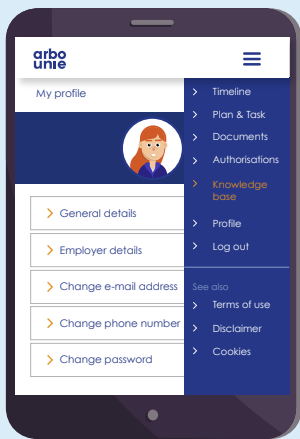


All activities can be seen on the timeline

Change appointments and complete questionnaires

Request for approval

Approval can be confirmed digitally

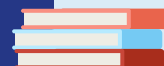


Knowledge base

Tips

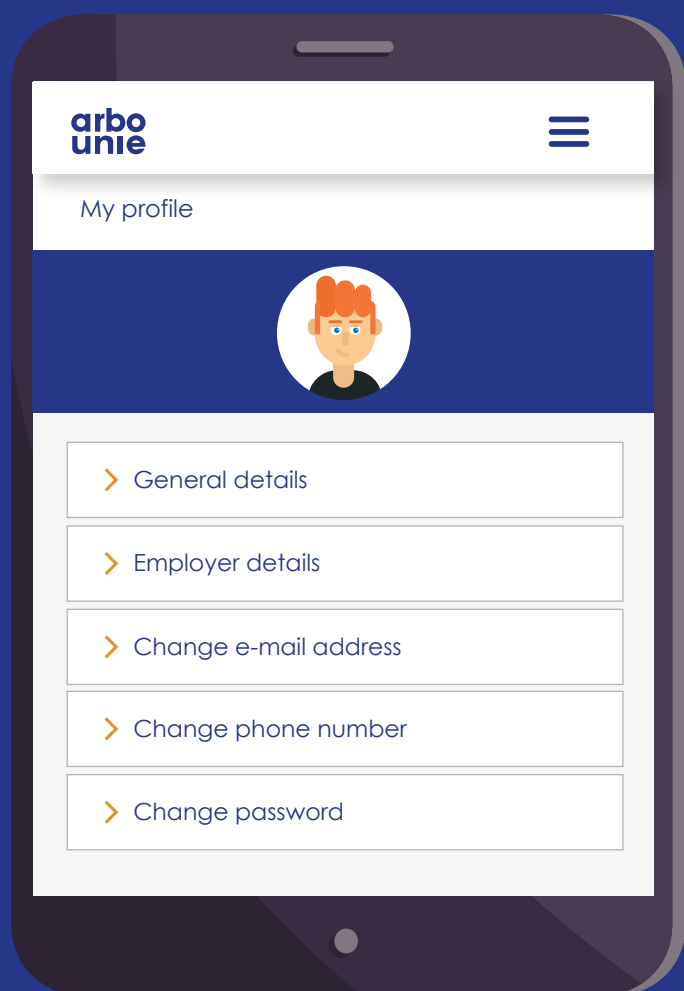
Additional information

The knowledge base contains additional information about what you can do yourself to maintain your fitness and vitality.



# Mijn Arbo Unie

## Online portal for employees



Want to use  
'Mijn Arbo Unie' too?  
Register today.

- ▶ Book and change appointments yourself
- ▶ Everything conveniently in one place
- ▶ Information about health and work