

clinic suitable for you. This can be your preferred clinic. If it is not possible to do rehabilitation there or if you do not specify a preference in your application, we will give you the names of up to four suitable reha clinics. You can choose your reha clinic from these suggestions and tell us your decision. Then Deutsche Rentenversicherung will send you a confirmation.

Deutsche Rentenversicherung will then inform the reha clinic, which will get in touch with you and clarify the most important issues in advance.

What does the rehabilitation cost?

The costs for travel, accommodation, food, medical care and medical appliances are paid by your pension insurance scheme. You need to make a small contribution to these costs, but only if you are an inpatient at the rehabilitation clinic. Your contribution is between 5 to 10 EUR per day, depending on your income.

Our tip:

In certain circumstances, you can be exempted from paying this contribution. The free-of-charge telephone advice service can give you information about this.

How do I find out the name of my pension insurance scheme? If you have already ever received post from Deutsche Rentenversicherung, such as your annual pension information letter, you can see which pension insurance scheme is responsible for you from the name of the sender. But you can also get in touch with any other pension insurance scheme. Your request will then be automatically forwarded to the correct authority.

Advice and help throughout Germany

Service telephone

You can ring the Deutsche Rentenversicherung service number free-of-charge:

0800 1000 4800

Our experts are there for you:
Monday to Thursday 7.30–19.30
Friday 7.30–15.30

Internet

Round the clock:

www.deutsche-rentenversicherung.de/reha

Or send us an email:

info@deutsche-rentenversicherung.de

You can also use the “Contact” form on our website.



Our tip:

With this QR code, you can also get more information about medical reha.

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Englische Fassung



Rehabilitation –
an offer
for everyone

- What is a rehabilitation?
- Who is entitled to it?
- How do you get a rehabilitation?

What is a rehabilitation, often shortened to 'reha'?

Do you feel that you cannot cope with your everyday working life any more? Are you worried that you soon won't be able to work any more for health reasons? Or are you already no longer working owing to an illness?

Then we can help you with a medical rehabilitation (reha). In this way, we want to help you to be able to continue to work despite a long-term condition or to return to your workplace.

And if you can't work in your usual job any more, we can help you to get started in another career with an occupational reha, also known as Leistung zur Teilhabe im Arbeitsleben (provision to participate in working life). We can offer you retraining, for example.

What happens in a medical reha?

A medical reha normally lasts three weeks for most illnesses. It takes place full-time often near the place where you live (outpatient reha).

At the beginning of the reha, we organise your personal rehabilitation plan together with you. We decide on the aims of the reha, taking your health limitations into consideration. A therapeutic team of doctors, psychologists, exercise therapists, masseurs, dietitians, and other professionals supports you during the reha.

It is important that you play an active part during your reha. The more you put into the reha, the more you will get out of it. It is also important that you incorporate what you have learned into your daily life after leaving the reha clinic, so you can continue to improve your health.

Most medical rehas in Germany are carried out on behalf of Deutsche Rentenversicherung. We use a variety of different rehabilitation places in reha clinics throughout Germany. In this way, we can offer you the best treatment for your illness.

A successful medical reha is a win-win situation for everyone. You get fit again, your life is better, and you can go back to work. Your employer can continue to profit from your experience and labour skills. And we, as your pension insurance provider, are happy that you continue to pay contributions after the reha.

Please note:
If you have a reha, you do not lose any pension entitlements.

When are you entitled to have a reha?

In order to be entitled to have a reha, you need to fulfil

- certain requirements relating to insurance law and
- certain personal requirements.

The insurance-legal requirements are met if you have paid compulsory contributions to state pension insurance (gesetzliche Rentenversicherung) for at least six months during the two years before your reha application. You pay these contributions automatically in Germany if you work in a job that is subject to compulsory insurance. It doesn't matter whether you are a German citizen or have another nationality.

You fulfil the personal requirements if you have an illness or disability that significantly limits your ability to work. We check whether we can improve this in the long-term with a reha. If the chances of success are good, you can have a reha.

How do you get a reha?

As with every welfare benefit in Germany, you need to apply for a reha. If you would like to make an application, the doctor treating you or your company doctor writes a diagnostic report. You send this report together with your application to your pension insurance scheme. You can also write us the name of the reha clinic you would like to go in your application. This is known as your right of preference or choice. We take your wishes very seriously and try to fulfil them. However, we cannot guarantee that you can do your reha in your preferred clinic.

Our tip:

You can get the application form and further details from your pension insurance scheme, information and advice centres, insurance advisers or your health insurance company (Krankenkasse). At www.deutsche-rentenversicherung.de you can find everything you need to know, for example, the addresses of all 16 pension insurance schemes. You can also simply apply online from the comfort of your home.

You will then receive a notification (Bescheid). If your application was successful, you can go to reha. The notification will also tell you the reha