

The care and support programme for a sustainable reintegration

New partner



Reintegration partner Pulso

Pulso has established itself as a distinguished entity in corporate well-being, boasting **over more than 25 years of expertise**, especially in evaluating psychosocial risks.

Drawing from this extensive background, Pulso's support and assistance initiative is designed to expedite and streamline the reintegration process for employees sidelined due to psychosocial issues, employing **swift, accurate, and cutting-edge approaches**.

The program provides **multidisciplinary support**, focusing on a return to work, through a better life balance.



**+300
specialists**



**Four-axis
approach**



**Satellite prac-
tices through-
out Belgium**



**International
group**



**Three
languages:
EN - NL - FR**

Work and well-being back in harmony: bridge to a better balance

Pulso provides employees with an activating coaching process while maintaining focus on work situations and employer involvement. Pulso is renowned for its multifaceted approach to therapy and support, encompassing the psychological dimension, physical methods, and professional coaching. This holistic strategy is further enhanced with advice on nutrition, sleep, and other lifestyle factors.

1. Blended approach

Pulso's program begins with a standard psychosocial risk analysis. Following the survey, employees receive professional guidance from the reintegration coach and a multidisciplinary network. This team includes psychologists, job coaches, exercise specialists, and other experts. Together, they collaborate on action plans and integrate assessment instruments to facilitate a sustainable return to work.

2. Individual support

With a dedicated reintegration coach and personalized psychosocial risk analyses, Pulso ensures that employees receive customized information, advice, and bespoke direction to various therapists within the network. Additionally, a dedicated team of therapists provides exclusive online supervision.

3. Quality and evidence-based care

Pulso employs a variety of techniques and methodologies aligned with ISO 9001 standards. Their multidisciplinary team and certified reintegration coaches possess the expertise needed to enhance employee well-being.

Included

Voluntary programme

Independent

In partnership with Pulso, AG offers this Return to Work three-step care and support pathway **free of charge** within the Income Care contract.

Medically proven three-step approach



Recovery

Thanks to a combination of psychotherapy, relaxation and exercise, employees are able to distance themselves from the situation, unwind and recharge their batteries



Reactivation

Based on an analysis of the personality profile, and with the help of a job coach, the employee is given an action plan that focuses on strengths and weaknesses



Reintegration

The reintegration partner works with your employee to facilitate a sustainable step by step return

Click here to find out more about Pulso.