

The care and support programme for a sustainable reintegration



Reintegration partner Workplace Options

Workplace Options is **senior** reintegration partner of AG. Through a **multidisciplinary approach** and a **diversified network** (psychologists, job coaches, sports coaches, occupational therapists, dieticians and relaxation therapists), this international healthcare partner bridges **the gap between your business needs and the wellbeing needs of your employees** with mental stress-related disorders.



+350
specialists



Four-axis
approach



Satellite prac-
tices through-
out Belgium



International
group



Three
languages:
EN - NL - FR

Holistic approach through an extensive network

This partner has the most extensive and diverse network. Employees receive **local and holistic counselling in four areas**, according to individual needs. This allows employees to resume work gradually and under the best possible conditions.

1. Psychological counselling

Psychologists and therapists help your employees understand their difficulties, experiences and feelings. Recognising and understanding one's difficulties gives employees a sense of control and is the start of a plan for psychosocial counselling and work support.

2. Professional support

Together with the employee, occupational psychologists and job coaches map the occupational situation, competences, professional skills and needs. This includes an evaluation of the work situation. It subsequently works on removing barriers and adopting new, healthier work habits.

3. Physical training

Physical trainers, ergonomists, sophrologists, body therapists and yoga trainers help employees alleviate the physical impact of mental illness and improve overall fitness.

4. Social support

Depending on the employee's situation, they can also apply for social and administrative assistance.

Included

Voluntary programme

Independent

In partnership with Workplace Options, 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 Workplace Options.