



Treatment costs and insurance

Unfortunately the Dutch health care system is rather complicated, and probably works differently from the system you are used to in your home country. It is a legal obligation for everyone who is registered as living in the Netherlands to be insured for healthcare through a Dutch health insurance company (within four months of entering the Netherlands) except for expatriates working for certain international organisations and embassies or those with employment that qualifies due to social security amounts being paid in another country.

If you are insured through a **Dutch health insurance company** (*zorgverzekeraar*) or hold a **European Health Insurance Card (EHIC)** and have an insurance number on record, we will send the bill directly to your insurance company. Please note that a non-Dutch health insurance company can send you a bill to (partly) pay for the costs, the amount depends on your coverage. Please, check your policy in advance.

If you are insured through **Vanbreda/Cigna** or a **foreign or international insurance company**, we will send the bill directly to you. You must pay the invoice yourself, where after you can declare the bill from the company you are insured with. The extent to which the invoiced amount for the consultation and services will be reimbursed by your insurance company will depend on your coverage. We recommend that you consult your health insurance company regarding therapy refunds. Please, check your policy in advance.

Treatment fees

The fees for treatment are determined by law by the Health Service Tariff Tribunal (College Tarieven Gezondheidszorg). The ministry of VWS (Dutch ministry of Health) has instructed certain changes concerning health care invoicing. The most important change is that treatments are no longer charged separately or per session, but in a diagnose treatment combination (DBC). A DBC contains the whole course of treatment from your first consultation up to the last contact. All expenses of the direct and indirect activities (e.g. writing a report or treatment plan) concerning your treatment have been accumulated in a specified code known as the DBC-code. The price of a DBC is determined by a department of the ministry of health and is based on the diagnosis and the average costs of a comparable treatment. The invoice will only be drawn up and sent when all treatments have been ended or if a period of 365 days has been exceeded.

It is difficult to forecast the treatment cost because the diagnosis and eventual treatment are not always known in advance of your treatment. You are welcome to consult us for a cost estimate but, due to the above outlined, please be aware that the final costs may vary from price estimates given previously.

Please note that PsyQ International offers specialised mental health care, therefore we need a referral from your GP. A referral is also necessary in order to declare expenses from your health Insurance company.



For more information we recommend the following websites:

- the The Hague municipality website offers a good overview of the Dutch healthcare system:
<http://www.denhaag.nl/en/residents/health.htm>
- Access offers a health care guide on their website available for downloading and free of charge: http://www.access-nl.org/media/13949/faq_guide_health_care_in_the_netherlands-may_2012.pdf
- The Ministry of Health, Welfare and Sport (<http://www.government.nl/issues>) offers information in several languages including English



Attachment: DBC rates 2019

Rates are determined by law by the Health Service Tariff Tribunal (College Tarieven Gezondheidszorg) and are published on the website of the Dutch Healthcare Authority: <http://www.nza.nl/organisatie/sitewide/english>

All prices given are an indication and are **not** legally binding.

Prices may vary slightly from one insurer to another, for more information please contact your own health insurance company.

SPECIALISED mental health care

Diagnosis	MINUTES from	MINUTES untill	RATE
Diagnostics	1	99	€ 167,13
Diagnostics	100	199	€ 345,50
Diagnostics	200	399	€ 665,27
Diagnostics	400	799	€ 1.229,26
Diagnostics	800	>	€ 2.201,06
Crisis	1	99	€ 177,04
Crisis	100	199	€ 365,83
Crisis	200	399	€ 698,06
Crisis	400	799	€ 1.315,82
Crisis	800	1199	€ 2.260,25
Crisis	1200	1799	€ 3.340,20
Crisis	1800	>	€ 5.680,48
treatment short	0	99	€ 172,11
treatment short	100	199	€ 395,31
treatment short	200	399	€ 724,55
treatment short	400	>	€ 1.189,47
Attention deficit and behavior	250	799	€ 1.439,55
Attention deficit and behavior	800	1799	€ 2.780,84
Attention deficit and behavior	1800	2999	€ 4.962,16
Attention deficit and behavior	3000	5999	€ 8.437,85
Attention deficit and behavior	6000	11999	€ 16.765,18
Pervasive	250	799	€ 1.377,08
Pervasive	800	1799	€ 2.739,36
Pervasive	1800	2999	€ 4.928,16
Pervasive	3000	5999	€ 8.502,68
Pervasive	6000	11999	€ 16.376,30
Other: childhood	250	799	€ 1.343,34
Other: childhood	800	1799	€ 2.680,31
Other: childhood	1800	2999	€ 4.872,80
Other: childhood	3000	5999	€ 7.668,65
Other: childhood	6000	11999	€ 16.640,34
Delirium dementia and otherwise	250	799	€ 1.395,55
Delirium dementia and otherwise	800	1799	€ 2.621,39
Delirium dementia and otherwise	1800	2999	€ 4.883,19
Delirium dementia and otherwise	3000	5999	€ 8.548,94
Delirium dementia and otherwise	6000	11999	€ 16.549,14



Alcohol	250	799	€	1.297,55
Alcohol	800	1799	€	2.588,38
Alcohol	1800	2999	€	4.879,62
Alcohol	3000	5999	€	8.667,22
Alcohol	6000	11999	€	16.659,44
other: addiction	250	799	€	1.294,61
other: addiction	800	1799	€	2.588,14
other: addiction	1800	2999	€	4.788,76
other: addiction	3000	5999	€	8.450,04
other: addiction	6000	11999	€	16.631,27
Schizophrenia	250	799	€	1.426,09
Schizophrenia	800	1799	€	2.764,48
Schizophrenia	1800	2999	€	4.969,98
Schizophrenia	3000	5999	€	8.820,19
Schizophrenia	6000	11999	€	17.062,05
Depression	250	799	€	1.435,64
Depression	800	1799	€	2.823,05
Depression	1800	2999	€	5.159,84
Depression	3000	5999	€	8.836,64
Depression	6000	11999	€	17.147,85
Bipolar and otherwise	250	799	€	1.451,24
Bipolar and otherwise	800	1799	€	2.871,90
Bipolar and otherwise	1800	2999	€	5.170,06
Bipolar and otherwise	3000	5999	€	9.137,85
Bipolar and otherwise	6000	11999	€	17.323,84
Anxiety	250	799	€	1.403,04
Anxiety	800	1799	€	2.792,66
Anxiety	1800	2999	€	5.118,35
Anxiety	3000	5999	€	8.723,38
Anxiety	6000	11999	€	16.807,38
Residual group diagnostics	250	799	€	1.344,55
Residual group diagnostics	800	1799	€	2.687,74
Residual group diagnostics	1800	2999	€	8.080,78
Residual group diagnostics	3000	5999	€	8.757,60
Residual group diagnostics	6000	11999	€	17.042,11
Personality disorders	250	799	€	1.419,15
Personality disorders	800	1799	€	2.861,56
Personality disorders	1800	2999	€	5.201,95
Personality disorders	3000	5999	€	8.888,35
Personality disorders	6000	11999	€	17.282,61
Somatoform	250	799	€	1.357,00
Somatoform	800	1799	€	2.712,74
Somatoform	1800	2999	€	5.021,57
Somatoform	3000	5999	€	8.402,92
Somatoform	6000	11999	€	17.037,99
Eating disorders	250	799	€	1.369,98
Eating disorders	800	1799	€	2.768,50
Eating disorders	1800	2999	€	4.992,50
Eating disorders	3000	5999	€	8.853,91
Eating disorders	6000	11999	€	15.569,01



BASIC mental health care

BASIS GGZ <i>BASIC mental health care</i>	maximum number of consultations	average duration of treatment in minutes	Rate 2019
Basis GGZ - kort <i>Basis Mental health care - short</i>	5	294	€ 507,62
Basis GGZ - middel <i>Basic Mental health care - medial</i>	8	495	€ 864,92
Basis GGZ intensief <i>Basic mental health care - intensive</i>	12	750	€ 1.356,25