«PK Tel PLUS» fact sheet – the most important information at a glance

SERVICE

«PK Tel PLUS» provides you with a free initial telephone consultation on topics that are affecting or could affect your mental or physical health. The focus is on maintaining and promoting your health, your well-being and your performance.

STRESSORS & RESOURCES

People experience stressors in their personal and professional lives that can have a negative impact on their health. Personal and external resources can be drawn upon to help avoid such stressors and prevent incapacity for work. «PK Tel PLUS» supports you with an initial consultation and can provide further assistance if required.

TOPICS THAT MAY CAUSE STRESS (EXAMPLES):

- Changes in the workplace relating to requirements, responsibilities, organisation, time pressure, stress
- Conflicts with colleagues, line managers or within the family
- Difficult caring situations, illness or the loss of someone close
- Financial difficulties and legal questions

«PK Tel PLUS» PROVIDER

«PK Tel PLUS» is operated by ONVA. It is an independent body, separate from the employer.

REACHABILITY BY PHONE OR VIA THE ONLINE REGISTRATION FORM

You can access «PK Tel PLUS» without prior appointment on **043 268 27 79 (fixed line rate)**
Monday to Friday:
8.30 a.m. to 12 noon and 1.30 p.m. to 5 p.m.

You are also welcome to submit your request via the form. Once your request has been received, you will be contacted within two working days. **Click here to access the form.**

CONFIDENTIALITY & DATA PROTECTION

ONVA collects personal data about you in the course of the consultation. This data is processed in accordance with data protection regulations. ONVA produces analyses for the purpose of evaluating the service; these are anonymised and do not allow any conclusions to be drawn about individuals at any time.

YOUR PENSION FUND AND PK RÜCK

The «PK Tel PLUS» service is made possible and supported by your pension fund and PK Rück, the reinsurance partner.

FURTHER INFORMATION

- «PK Tel PLUS» user information with examples

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