



Wellbeing benefits can be used by you as an employee for payment at a wide range of fitness, culture and massage providers on Åland. Around 90 providers are currently affiliated to our wellbeing concept:
alandpost.ax/foretag/friskvardax/vara-leverantorer

Friskvård.ax is Åland Post's wellbeing concept, which can be ordered by all employers on Åland as a benefit for their employees.

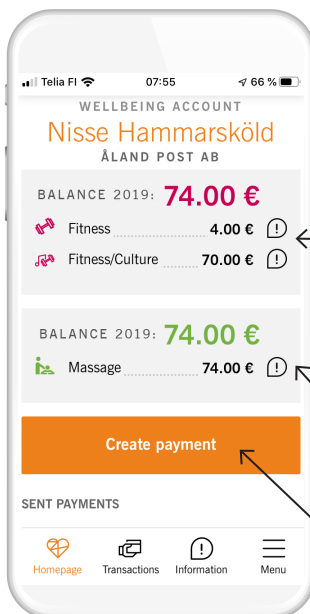
Your employer decides whether these benefits will be provided to its employees in the form of an e-service personal wellbeing account (for use on a smartphone) or as printed wellbeing vouchers. Your employer will also decide which of the different benefits will be provided to you (Fitness, Fitness/Culture or Massage).*



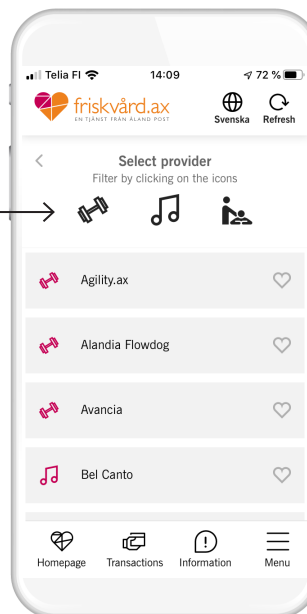
HOW TO USE THE E-SERVICE

- **The e-service means you always have your wellbeing benefits and your personal wellbeing account conveniently to hand on your phone.** You make payments direct from your mobile. A smartphone is required to be able to use this service. In order to provide your wellbeing benefits in the form of an e-service, your employer will need your mobile phone number
- **Once your employer has completed the order, you will shortly receive an SMS containing a link from Åland Post.** Clicking on the link will take you to your personal wellbeing account. You can save the page to the home screen of your phone for easy access in the future. In your wellbeing account you can see your balance, view the range of providers and your payment history and make payments. Only the massage providers chosen by your employer will be displayed by the e-service, so you can only make payments to these providers.

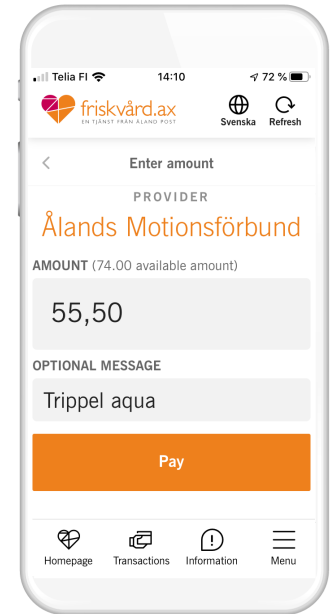
* **Please note** that for fitness and culture you have access to all available providers. **With regard to massage, your employer can select which massage providers employees can use their benefits for.** This means that as an employee you may not be able to use your massage benefits at all massage providers on our list. Your employer will inform you which you can use your benefits for.



- 1. Balance:** There are two balances in your wellbeing account, one for fitness/culture and one for massage.
Any money received for culture is shown under "Fitness/Culture" and you can choose whether to use it for fitness or cultural activities.
The balance received for massage can only be used for massage sessions.
- 2. Create payment:** You can pay for a service when visiting a provider by clicking on "Create payment".



- 3. Select provider:** Then select the provider you want to send the payment to from the list. Please note that you can filter providers by clicking and activating the icons in top of the menu.



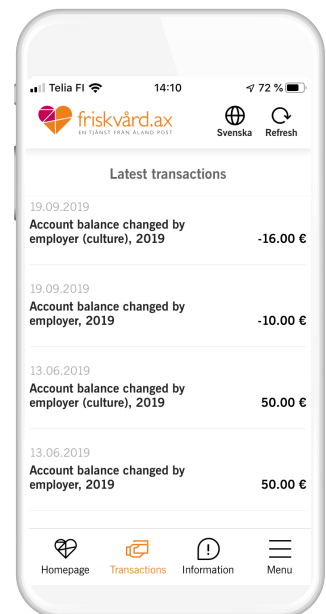
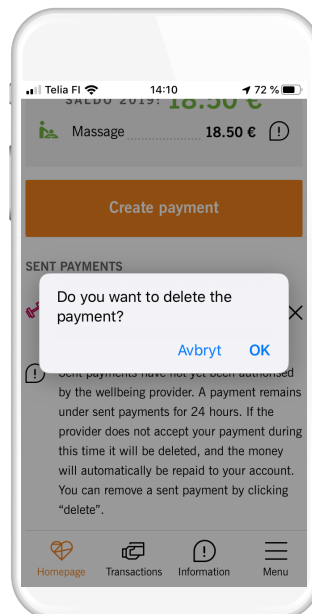
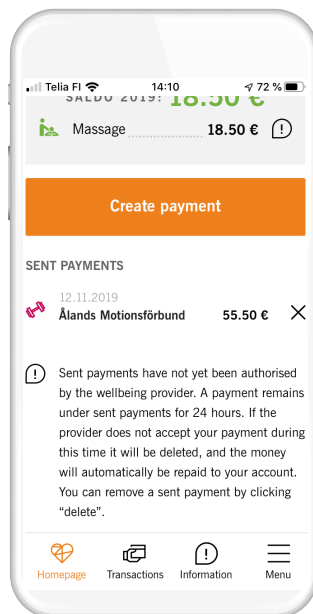
- 4. Complete the payment:** Enter the amount you want to pay and then add any message to the provider regarding what you want to pay for (optional) and finish by clicking "Pay". **Done!**

IMPORTANT! The payment must be made on the same day you visit the provider.

The provider will only accept payment when you have visited/contacted them and informed them what you want to pay for.
If the provider has not approved your payment within 24 hours, it will automatically be deleted and the money re-credited to your account.



Sent Payments are payments you have created and sent, but which have not yet been approved by the provider. The payment remains under "Sent Payments" for 24 hours after being sent. If the provider has not approved it within this period, the payment will automatically be deleted and the money re-credited to your account.



Help! I have not received an SMS with a link!

Contact your employer if they have ordered the e-service for you but you have not received an SMS with a link.

How can I access my personal wellbeing account again?

If you change your phone or can no longer access your personal wellbeing account for some other reason – and haven't saved your SMS with the link either – you can visit our website to request that a new SMS be sent to you: friskvard.alandpost.com/user/info

WHAT DO I DO?

↑ **Delete sent payment:** It's easy to delete a sent payment (e.g. if you sent payment to the wrong provider by mistake) by clicking "Delete".

↑ **Transactions:** Once you have created a payment and the provider has approved it, you will see the transaction under the heading "Transactions". Here you can also see wellbeing credit deposited by your employer and any deleted wellbeing credit.

Personal wellbeing vouchers

Instead of the e-service your employer may choose to order wellbeing vouchers for you. **There are three different types of voucher for different wellbeing benefits: 1. Fitness, 2. Fitness/Culture and 3. Massage.** The vouchers are pre-printed with company / employer, your name and expiry date. The vouchers are supplied by Friskvård.ax and will be issued to you by your employer. You can see some sample vouchers to the right.

The vouchers for Fitness and Fitness/Culture always have a value of 5 € per voucher. The value printed on the massage vouchers is decided by your employer. Fitness and Fitness/Culture vouchers can be used for all providers. The Massage vouchers may be restricted to certain providers selected by your employer. Check with your employer which providers your massage vouchers are valid for. You can only use one massage voucher per massage session

When paying with vouchers, the provider will request ID to check that your name matches with the name on the vouchers. The vouchers are for personal use and cannot be exchanged for cash. The vouchers have a barcode to protect against copying and misuse.

**FIND OUT MORE ABOUT OUR PROVIDERS
AND ABOUT THE SERVICE AT FRISKVÅRD.AX**



Fitness
Can only be used for fitness activities



Fitness/Culture
Can be used as desired for both fitness and cultural activities



Massage
Can only be used for massages