



How do I do to use my "Friskvårdsbidrag"?

Many Swedish employers provide "Friskvårdsbidrag". The courses that are eligible for this is; Gravidyoga, Vattengymnastik, Gravidpilates, Gravidmassage, Profylaxkurs English och Profylaxkurs. Usually the confirmation that you receive by email after making the reservation is sufficient as receipt, if not, send us an email and we will issue a more specific receipt for you to provide to your employer. When you book a course on the website; you can either pay directly or by invoice. Your employer will reimburse you once you provided them with the receipt.

Some companies use what is called "Friskvårdschecken" and "Friskvårdskuponger".. To use this follow the steps below to use them as your payment:

- 1) When you make your reservation you should select "**faktura**" as payment method. With Friskvårdschecken/Friskvårdskuponger you can either pay the full amount or parts of it. Make sure your checks are still valid by checking the "best before" date.
- 2) Sign the checks and send them to the address below, please include your full phone number and email address when you send them to us. As soon as we have received the checks we will send you a confirmation email and credit your invoice according to the amount of the checks.
- 3) Send your checks to:
Babygruppen Sverige AB
Humlegårdsgatan 13, 114 46 Stockholm

We also accept payment through ActiWay. Book your course of choice (select "**faktura**" as payment method) and send an email to info@babygruppen.se telling us you would like to use your ActiWay. We need your social security number, "personnummer" and information about the amount you want us to take from your ActiWay account. We will then credit the invoice accordingly.

