

SZV is working to provide new online services that are easy to use for all our customers. Keep reading to find out what is new and online at SZV. Don't miss out! Be ready to go online with SZV.

I am working and my insurance card is expired. When do I contact SZV?

If you are working and have an expired or soon to be expired SZV insurance card follow these steps:

- 1 Request a MySZV account on www.szv.sx.
- 2 Check your insurance status in your MySZV account.
- 3 If your insurance status is (red) not valid, contact SZV for the next steps.

Always check your medical insurance status before you visit a health care provider.

MEDICAL INSURANCE STATUS Valid → Sint Maarten ID / PASSPORT → You only need your valid Sint Maarten ID or Passport to get medical care or medication

MEDICAL INSURANCE STATUS Not Valid → **WWW.SZV.SX** → Contact SZV to learn more about your next steps



Digital tip: Are you human?

Always read the CAPTCHA instructions carefully and ask for assistance when you are unsure.

A CAPTCHA test is used to tell if the online user is really a human and not an online robot. Companies protect their website and your data by having users take a CAPTCHA test when submitting a form or requesting a service online. It is important that you complete the CAPTCHA or you may not be able to get the online service you are requesting. It's ok if you need to try more than once, we're only human 😊.

Examples of CAPTCHA tests.

mbT96TD
Generate a new image
Play the audio code
Enter the code from the image

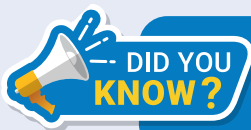
i'm not a robot
CAPTCHA Privacy - Terms

Select all images with street name.

Submit



Give Your Heart A Head Start



It can happen at any age

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

What can YOU do?



Get your blood pressure checked!

Starting at age 18, get your blood pressure checked regularly. High blood pressure has no signs or symptoms.



Do you have a healthy weight?

People who are overweight or obese are at an increased risk for heart disease. If you are overweight or obese, losing 10 pounds can lower your risk of heart disease. Consider being moderately active for 2 hours and 30 minutes per week. Recommended activities include **walking, swimming** and **dancing**.



Do you eat healthy?

Heart-healthy items include **whole grains, fruits, vegetables** and **certain fats**, like the fats in olive oil and fish.

Your SZV medical insurance covers

- Cardiology
- Pacemaker
- Cardiology therapy
- Dietician consults
- In case treatment is not available locally, medical referral abroad