

99114041017000

Leistungen der Rentenversicherung zur Prävention Bewilligung

Heruntergeladen am 21.07.2025

<https://fimportal.de/xzufi-services/102751162/B100019>

Modul	Sachverhalt
Leistungsschlüssel	99114041017000
Leistungsbezeichnung I	Leistungen der Rentenversicherung zur Prävention Bewilligung
Leistungsbezeichnung II	Participate in the "RV Fit" prevention program of the German Pension Insurance Fund
Typisierung	1 - Bund: Regelung und Vollzug
Quellredaktion	Bund
Freigabestatus Katalog	fachlich freigegeben (gold)
Freigabestatus Bibliothek	unbestimmter Freigabestatus
Begriffe im Kontext	
Leistungstyp	Leistungsobjekt mit Verrichtung
Leistungsgruppierung	
Verrichtungskennung	Bewilligung (17)
SDG-Informationsbereich	Medizinische Behandlung in einem anderen Mitgliedstaat
Lagen Portalverbund	Krankheit (1130200), Rente (1180200)

Modul	Sachverhalt
Einheitlicher Ansprechpartner	Nein
Fachlich freigegeben am	20.07.2022
Fachlich freigegeben durch	Federal Ministry of Labor and Social Affairs (BMAS)
Handlungsgrundlage	https://www.gesetze-im-internet.de/sgb_6/_14.html
Teaser	If you are employed and the first impairments or complaints appear, the German Pension Insurance offers you a free training program with elements on exercise, nutrition and stress management.
Volltext	<p>When the first health impairments occur, the German pension insurance helps with the free prevention program "RV Fit". With training elements on exercise, nutrition and stress management, you are supported in living and working healthily in the long term. The RV Fit prevention program combines an intensive start-up phase lasting several days with regular on-site training sessions that accompany your work. As a company, you can also use the training program to help your employees stay healthy. Healthy employees have less sick leave, are more motivated and contribute their expertise to the company for longer. Deutsche Rentenversicherung's company service will advise you on occupational health management.</p> <p>The prevention program is currently run by around 250 partner institutions in Germany.</p> <p>The costs of the program are borne by Deutsche Rentenversicherung. You can take it part-time before or after work. During the start-up and refresher phases, your company must give you time off and you are generally entitled to continued payment of wages. You will receive EUR 5.00 in travel expenses for each outpatient training appointment, provided that you actually incurred the costs. In the case of inpatient prevention, you will be reimbursed for travel costs by second-class bus or train or your own car (EUR 0.20/kilometer).</p> <p>The program typically has the following sequence:</p>

Modul

Sachverhalt

- Start phase: 3 days full-day outpatient or 5 days inpatient time off from work.
- Training phase: 12 weeks 1-2 times a week on a part-time basis (mornings or evenings)
- Self-activity phase: 12 weeks of independent training in parallel to work (mornings or evenings)
- Refresher phase: 1 day full-day outpatient or 3 days inpatient time off from work

The duration of the phases may vary depending on the facility and state.

Erforderliche Unterlagen

- Application for prevention benefit

Voraussetzungen

Essential insurance law requirements: You

- have fulfilled the waiting period of 15 years or
- have paid compulsory contributions for an insured occupation or activity for 6 calendar months in the 2 years preceding the application, or
- have been in insured employment or self-employment within 2 years of training up to the date of application, or
- You were incapacitated or unemployed after such employment or activity until the date of application.

In certain cases, you cannot participate in the training program. This applies if you

- are entitled to a similar benefit from another rehabilitation provider, such as accident insurance, because of an accident at work, an occupational disease or injury caused by a third party,
- you are a civil servant, soldier or judge. Please contact your local integration office to find out from whom you can receive benefits,
- are already receiving or have applied for an old-age pension amounting to at least two-thirds of the full pension,
- have permanently retired from working life and are receiving, for example, a company pension until the start of your old-age pension, or
- are in custody or serving a prison sentence.

Modul	Sachverhalt
Kosten	Gebühr: Es fallen keine Kosten an
Verfahrensablauf	<p>You can apply for participation in the prevention program online or in writing to the pension insurance institution responsible for you:</p> <ul style="list-style-type: none"> • You can submit the application online on the website of the "RV Fit" program. • Alternatively, you can submit the application in writing. Download the necessary application forms via the German Pension Insurance website, fill them out completely and send them to your pension insurance provider. • The information and advice centers as well as the voluntary helpers (Versichertenberaterinnen und -berater) of the pension insurance will also assist you with the application. • In addition, you can also submit the application to your health insurance fund or your insurance office. • The responsible pension insurance institution will review your application. • You will receive a decision. <p>Note: If you have already submitted an application for medical rehabilitation benefits and this is rejected, the competent pension insurance institution must also advise you about prevention benefits.</p>
Bearbeitungsdauer	You will receive the decision within a few days.
Frist	There is no deadline.
weiterführende Informationen	https://www.rv-fit.de/ https://www.deutsche-rentenversicherung.de/SharedDocs/Downloads/DE/Broschueren/national/praevention_werden_sie_aktiv.html
Hinweise	
Rechtsbehelf	<ul style="list-style-type: none"> • Appeal • More information on how to file an appeal can be found in the decision on your application. • Action before the social court
Kurztext	<ul style="list-style-type: none"> • Pension insurance benefits for prevention Approval • Prevention program "RV Fit": free training program of

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	<p>the German Pension Insurance on exercise, nutrition, stress management</p> <ul style="list-style-type: none"> • at first health impairments • in-service before or after work • Participation requirements: actively employed, employed for at least 6 months first health impairments that jeopardize the employment held. • Registration online or in writing • responsible: German Pension Insurance (DRV)
Ansprechpunkt	
Zuständige Stelle	
Formulare	<p>Forms: yes</p> <p>Written form required: no</p> <p>Informal application possible: no</p> <p>Personal appearance required: no</p> <p>Online services available: yes</p>
Ursprungsportal	<p>Leistungen der Rentenversicherung zur Prävention Bewilligung, Leistungen der Rentenversicherung zur Prävention Bewilligung</p>