

Participate in the "RV Fit" prevention program of the German Pension Insurance

If you are working and the first impairments or complaints appear, German Pension Insurance offers you a free training program with elements on exercise, nutrition and stress management.

Competent Department

- [Deutsche Rentenversicherung Oldenburg-Bremen](#)

Basic information

German Pension Insurance helps with initial health impairments 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 training sessions on site.

As a company, you can also use the training program to help your employees stay healthy. Healthy employees have fewer sick days, are more motivated and contribute their expertise to the company for longer. The company service of Deutsche Rentenversicherung can advise you on occupational health management.

The prevention program is currently run by around 250 partner institutions in Germany.

The costs of the program are borne by Deutsche Rentenversicherung. You can complete the program before or after work. During the initial and refresher phases, your company must release you from work and you are generally entitled to continued payment of your salary. You will receive EUR 5.00 travel expenses for each outpatient training appointment, provided you have actually incurred the costs. In the case of inpatient prevention, you will be reimbursed for travel costs by second-class bus or train or in your own car (EUR 0.20/kilometer).

The program typically has the following schedule:

- Start phase: 3 days full-time outpatient or 5 days inpatient release from work
- Training phase: 12 weeks 1-2 times a week alongside work (morning or evening)
- Self-activity phase: 12 weeks of independent training alongside work (mornings or evenings)

- Refresher phase: 1 day full-time outpatient or 3 days inpatient release from work

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

Requirements

Essential insurance requirements: You

- have fulfilled the waiting period of 15 years or
- have paid compulsory contributions for an insured employment or activity for 6 calendar months in the last 2 years prior to the application or
- have exercised an insured employment or self-employed activity within 2 years of training up to the date of application or
- you were incapacitated for work or unemployed following such employment or activity up to 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, e.g. accident insurance, due to an accident at work, an occupational disease or injury caused by a third party,
- 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 a company pension, for example, until the start of your old-age pension, or
- are in custody or serving a custodial sentence.

What documents do I need?

- Application for prevention benefits.

Procedure

You can apply for participation in the prevention program online or in writing to the pension insurance provider responsible for you:

- 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 from the German Pension Insurance website, fill them in completely and send them to your pension insurance provider.
- The information and advice centers as well as the voluntary helpers (insurance advisors) of the pension insurance will also help you with the application.
- You can also submit the application to your health insurance fund or insurance office.
- The responsible pension insurance provider will check your application.
- You will receive a decision.

Note: If you have already submitted an application for medical rehabilitation benefits and this is rejected, the responsible pension insurance provider must also advise you on prevention benefits.

Legal bases

- [§ 14 Sozialgesetzbuch Sechstes Buch \(SGB VI\)](#)

More information

Legal remedy:

- Appeal
- You can find more information on how to lodge an appeal in the notification of your application.
- Legal action before the social court

What deadlines must be paid attention to?

There is no deadline.

How long does it take to process

You will receive the notification within a few days.

What are the costs?

There are no costs for you.