



CUIDA HEALTH
INSURANCE

THE HEALTH INSURANCE THAT TAKES CARE OF YOU AND YOUR FAMILY

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CUIDA, the insurance that is good for your health

At Fortaleza Seguros, we believe that having access to a network of reference health providers and services available 24 hours a day is essential for your health, that's why we created CUIDA, the health insurance that takes care of you and your family, wherever and whenever you want.

CUIDA Basic	CUIDA Plus	CUIDA Extra
<ul style="list-style-type: none"> • Access to the CUIDA Network in Angola and Portugal • Hospitalization (operations and hospital admissions) • Outpatient care (consultations, exams and testing) • Consultations (general practitioners and specialists) • 24/7 Online doctor and orientation (telephone or video) • 2nd medical opinion • Emergency evacuation • International assistance 	<ul style="list-style-type: none"> • Includes CUIDA Basic and: • Childbirth • Medicines • Dentistry and dental care (optional) • Vaccination (optional) • Prostheses and orthotics (optional) • Repatriation (optional) • Funeral expenses (optional) 	<ul style="list-style-type: none"> • Includes CUIDA Plus and: • Physiotherapy • Psychology and Psychiatry consultations • Nutritional consultations • Speech therapy and kinesiotherapy • Vaccination • Consultations and home care • Ophthalmology (optional)

10 healthy reasons to choose CUIDA health insurance

- 1) Online doctor available 24 hours a day by telephone or video
- 2) Health insurance with access to a network of reference providers with national and international coverage
- 3) Access to national and international second medical opinion 24 hours a day
- 4) Access to the CUIDA partner network in Portugal
- 5) Home consultation and assistance, to avoid queues and displacements (CUIDA Extra)
- 6) Coverage of vaccines that are not part of the Angolan National Vaccination Plan (CUIDA Plus and CUIDA Extra)
- 7) Childbirth option with a network of national reference providers (CUIDA Plus and CUIDA Extra)
- 8) The CUIDA Health Insurance can be subscribed for newborns from birth with no grace period
- 9) Remote subscription and without need for displacement by calling +244 923 165 166 or through one of the FORTALEZA Seguros partners
- 10) Support 24 hours a day, every day, because your health comes first

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