

Pregnancy Insurance

Protecting expectant mothers



SJÓVÁ

Congratulations on your Pregnancy Insurance!

We're delighted that you've chosen to insure yourself during this important time.

We want to celebrate with you, and have therefore put together a small gift that increases safety at home and helps little ones take their first steps – safely. Additionally, we offer you special discounts that could come in handy in the coming months:

- › **Lyfja** – **15% discount** on baby products
- › **Kirópraktor Lindum** – **25% discount** on chiropractic services for pregnant women
- › **9 mánuðir** – **15% discount** on 3D ultrasound and childbirth classes
- › **Móðurást** – **15–25% discount** on various products

All you need to do to claim the discount is to download the insurance certificate available at **My Sjóvá** and show it when purchasing a product or service.



You can scan the QR code to learn more about the insurance and available discounts.





Child Safety

Most accidents involving children happen at home, making it crucial to focus on home safety measures. The Icelandic Child Safety Centre (MSB) and Sjóvá have created a checklist to help ensure the safety of children under 5 years old at home.

Courses for Parents

The Child Safety Centre offers free courses for expectant parents on child safety and car seat safety. The course is titled “Stay One Step Ahead” and is led by nurse and center director Herdís L. Storgaard.

Sjóvá has proudly supported the Center’s important work for many years.



You can scan the QR code to learn more about the course and tips on keeping your child safe.

Life & Critical Illness Insurance

You're expecting a child – a new chapter is about to begin. When a baby is on the way, priorities naturally shift. It's only human to want to do everything possible to keep your growing family safe.

Along with Pregnancy Insurance, we also offer Life & Critical Illness Insurance giving you added peace of mind. As your family grows, so do your responsibilities and financial commitments. These insurances provide support and security if the unexpected happens.

It only takes about **15 minutes** to apply – a small step now that could make a big difference later.

Child Insurance

If a child becomes seriously ill, it can lead to significant costs and income loss for parents. Serious illnesses can also affect the child's future earning potential.

With Child Insurance, you can better manage these costs and income loss, allowing you to focus on what truly matters – caring for your child.

Child Insurance can be purchased for children from one month old up to 16 years of age, and it remains valid until the age of 20.
