A well-being process takes place as follows

You register for a well-being course through the digital well-being check or by email.

BLUME Support contacts you for a short conversation by phone. You are registered in our Admin.

The chosen therapist will call you to arrange a time for the exploratory well-being conversation.

If a digital well-being check has not been carried out, it is suggested that you do this before the conversation.

The well-being conversation is held - and the need for further efforts is assessed and agreed upon.

An action plan with work points and tools is provided by the therapist to you.

2-4 follow-up conversations are held.
If necessary, specialists are involved, if you wish we do so.

After the course, you will be sent a satisfaction survey.

6 weeks after the end of your course, the therapist will call you for a follow-up - as an aftercare.

BLUME®
Support for life – 360°