

# FAQ – HÄLSOCENTER GRÖNDAL

## **How can I, as an employee, access Hälsocenter Gröndal?**

As an employee, you need to make an active selection in Scania For Me/Benifex to gain access / or at the Gröndal reception. An annual membership costs SEK 4,000. Alternatively, you can purchase the following at the Hälsocenter Gröndal reception:

- Single-entry ticket: SEK 95
- Monthly membership: SEK 450
- Six-month membership: SEK 2,200
- 10-visit pass: SEK 855

## **Can an employee purchase a gym membership for someone who is not a Scania employee?**

Yes. An employee can purchase annual memberships for up to four people. This is done via Scania For Me/Benifex/through a net salary deduction, or at the Gröndal reception.

## **Can consultants use Hälsocenter Gröndal?**

Yes. Consultants are welcome with approval from their manager.

Annual memberships, six-month memberships, monthly memberships, 10-visit passes and single-entry tickets can be purchased at the Hälsocenter Gröndal reception.

## **What applies to Scania retirees?**

Scania retirees can purchase annual memberships, six-month memberships, monthly memberships, 10-visit passes and single-entry tickets directly at the cashless Hälsocenter Gröndal reception.

## **How old do you have to be to work out at Hälsocenter Gröndal?**

Everyone training at Hälsocenter Gröndal must be at least 16 years old.

## **If I do not have an annual membership, can I still access Gröndal for department activities, staff events, meetings, etc.?**

Yes. All employees are welcome to Hälsocenter Gröndal when participating in the activities mentioned above.

## **What is meant by a department activity?**

Department activities include group exercise classes, ball sports, team challenges, conferences, etc. These activities are booked by a department and charged internally.

A link for bookings is available on Reflex. Search for “**department activity**” in the search field.

## **I am an employee and have used my wellness allowance externally. Can I still visit Hälsocenter Gröndal and work out?**

Yes. You can purchase an annual membership for SEK 4,000 via Scania For Me/Benifex or at the Gröndal reception.

The following options are also available at the Hälsocenter Gröndal reception:

- Single-entry ticket: SEK 95
- Monthly membership: SEK 450
- Six-month membership: SEK 2,200
- 10-visit pass: SEK 855

**Can I try Hälsocenter Gröndal before purchasing a membership?**

Yes. You are welcome to try the facilities once free of charge.

**If I want to attend a group exercise class, how do I book?**

You can book via [boka.scania.com](https://boka.scania.com).

The reception staff can help new customers register in the booking system.

Telephone number for the reception: **08-553 818 17**

**How do I book a group exercise class if I am using a single-entry ticket?**

The Gröndal reception staff can assist you upon arrival, subject to availability.

Alternatively, you can call the reception and they will help you make a booking: **08-553 818 17**.

**What happens if I purchase an annual membership at Hälsocenter Gröndal and then leave Scania?**

You can continue to use Hälsocenter Gröndal until your annual membership expires. After that, however, you will not be able to renew your membership.

When leaving Scania, you will need to obtain a new access card. This can be arranged at the Hälsocenter Gröndal reception.