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Dr. M.C.G. Johannesma holds a MSc in Health Science and Epidemiology and a PhD in Health, Medicine and Life Sciences. Currently she is working as program manager Health Care Innovation at CZ, a Dutch health insurance company. On that account she is involved in several projects concerning life style in order to stabilize or prevent chronic diseases. She is a member of the expert group prevention at Zorgverzekeraars Nederland (ZN). Another focus in her work is Personalized Medicine, in this program the focus is on implementation of predictive tools such as advanced diagnostics and Decision Support Systems to get the right treatment for the right person in the right place.

**Lifestyle interventions in Healthcare and the role of Health Insurers**

At current, 50% of Dutch people aged 18 and older were overweight and almost 15% obese.

Obesity is linked to many diseases, such as type 2 diabetes mellitus, cardiovascular disease and various cancers. From January 2019, the Combined Lifestyle Interventions (CLI) is part of basic health insurance in the Netherlands for people with overweight or obesity. The CLI promotes healthy lifestyle changes by focusing on behaviour change resulting in weight loss. Being part of basic health insurance policy makes the CLI easily accessible for the target population. However, there is an increasing demand to broaden the current target population for the CLI and integrate life style in the healthcare pathway of many different diseases. The presentation will outline the limitations and opportunities from a health insurance perspective taken into account the national law and regulations.