

## Member benefits



# What is NITO?

- ▶ NITO is the largest organisation for engineers and technologists
- ▶ We provide you with services and security throughout working life
- ▶ 19 local branches
- ▶ 1400 workplace groups
- ▶ 4500 NITO representatives



More  
than 96 000  
members

## **NITO's most important tasks:**

- ▶ Secure the best wage developments and working conditions for members.
- ▶ Contribute to members' competence and attractiveness at workplaces.
- ▶ Demonstrate the key role engineers and technologists play in society.

# Your benefits

## Legal assistance

- ▶ Free legal assistance on work-related matters
- ▶ Direct access to competent advisers
- ▶ NITO's lawyers make up one of Norway's largest and most competent teams on work-related matters and labour legislation

## Insurance, banking and pension

- ▶ Favourable insurances from NITO and 30 percent discount on private insurances from Tryg
- ▶ Nordea offers a Premium benefit program
- ▶ NITO Own pension account and favorable conditions on other savings in Danica Pension

## Professional success

- ▶ Courses and events tailored for engineers and technologists
- ▶ Excellent services when searching for a new job, including CV and application advice, and contract assessment
- ▶ Professional networks



# Tryg Legehjelp – free medical assistance service for all members!

Being a NITO member Tryg Legehjelp, a medical assistance service, is included in your membership. The service gives you and your family access to doctors and nurses by telephone and video 24 hours a day – 365 days of the year. Tryg Legehjelp will provide you with a consultation, prescriptions, short term sick leaves and referrals to specialists – without any deductible or waiting time. The consultations are of course confidential.



Read more and activate  
Tryg Legehjelp here

## What is the cost of being a NITO member?



Annual membership fee for full-time employees: **NOK 5088**

Remember that you can deduct up to NOK 5800 on your taxable income. The savings on your insurance and banking agreements may actually cover your entire membership fee.



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