

Special Features of Health and Nursing Care Insurance in the Case of Employment in Germany While Receiving a Foreign (Retirement) Pension

Practical information for Employees in Saxony

People who receive an old-age pension from another (EU-) country are allowed to continue working in Germany. EU law grants pensioners the freedom to move within the internal market and to live or work in any member state. Their old-age pension remains unaffected by this. The same applies to all other pensions received from abroad, such as survivor's pensions or disability/reduced earning capacity pensions.

Pension Insurance

Pensioners who receive an old-age pension from another (EU-) country and work in Germany at the same time are generally subject to German social security. This means that they are required to have mandatory insurance in Germany due to their employment, even if they are already receiving a pension from another (EU-) state.

In this case, their health insurance is regulated by the German statutory health insurance system. Like any other employee, the pensioner pays contributions to health and long-term care insurance based on their earned income. Through their employment in Germany, pensioners receive full insurance coverage under the statutory health insurance system, regardless of the (EU) country from which they receive their (old-age) pension. This regulation is based on EU law, which ensures that individuals who have worked or are working in multiple EU countries have clear and coordinated social security arrangements.

Health Insurance Contributions

If a pensioner receives a foreign (old-age) pension from an (EU-) country and works in Germany at the same time, the health insurance contributions are calculated according to specific regulations that take into account both the income from employment in Germany and the foreign pension.

A pensioner working in Germany is subject to **mandatory insurance** in the German statutory health insurance system. This means they pay contributions **on their earned income**, just like any other employee. The contributions are composed as follows:

- **Health Insurance Contribution:** The general contribution rate for statutory health insurance in 2025 is 14.6% of gross income, plus an individual additional contribution (ranging between 1.8% and 4.4%, depending on the health insurance provider). The employer and the employee each cover approximately half of this contribution.
- **Nursing Care Insurance Contribution:** In addition, a long-term care insurance contribution of 3.60% applies. The standard contribution rate can be reduced by 0.25 percentage points per child (from the second to the fifth child under 25 years old) or increased

- by 0.6 percentage points for childless individuals (resulting in a 4.2% rate). It is advisable to provide proof of the exact number of children to the health insurance provider—such as birth or parentage certificates—to receive the contribution reduction.

In addition to income from employment, **foreign (old-age) pensions** are also taken into account when calculating health insurance contributions in Germany. The basis for this calculation is the gross pension before the deduction of taxes and social contributions. The contributions are structured as follows:

- **Health Insurance Contribution:** The pensioner pays half of the general contribution rate (7.3%), plus half of the individual additional contribution set by the health insurance provider.
- **Nursing Care Insurance Contribution:** Contributions to long-term care insurance (3.60%) must also be paid on the foreign pension. The standard contribution rate may increase or decrease depending on the number of children, following the same rules as for employment income.

Important: German health insurance providers do not automatically receive information about foreign pensions. Therefore, pensioners must independently report their income from a foreign pension to their health insurance provider by submitting a copy of their pension notice. The health insurance provider then calculates the monthly contributions based on both

employment income and pension income. The pensioner is responsible for paying the contributions on the foreign pension directly to the health insurance provider.

If you are already receiving an (old-age) pension from another (EU) country and are not paying contributions to health and long-term care insurance in Germany, you should immediately inform your German health insurance provider about your pension. This helps prevent the accumulation of debt with your health insurance provider. If you inform your German health insurance provider at a later date, the contribution calculation will be applied retroactively from the start of your (old-age) pension payments, and you will be obligated to pay the outstanding contributions for the past period.

No Entitlement to Sickness Benefit

Although pensioners who receive an old-age pension from another (EU) country are allowed to work in Germany, they are not entitled to sickness benefit.

Sickness benefit is an income replacement benefit provided to individuals who cannot work due to illness. However, old-age pensioners are excluded from this benefit since they already receive an old-age pension as income replacement.

If you have any questions, please do not hesitate to contact us. Our advice is free of charge. You can find our contact details and office hours here:

