



# Business parcels (PostNord Parcel)

Send parcels easily to businesses in Norway. Helthjem registers the parcels with PostNord so that you receive all your parcels in a single logistic flow under one agreement.

- Maximum weight and dimensions: 35 kg, length 1.75 m and length + circumference < 3 m
- Minimum weight and dimensions: 150 g, length 15 cm, width 15 cm, height 1.5 cm
- Delivery point: Business address
- Delivery frequency/time: Mon–Fri 08.00–16.00 Orders placed before 11.00 are delivered to central districts south of Steinkjer on the first working day after collection.
- Geographical areas: Business addresses throughout Norway.
- Registration: Parcel delivery is ordered in the usual manner via Helthjem; see Operating Terms and Conditions. Helthjem administers and registers the parcels with PostNord.
- Tracking: Yes, the parcel is scanned through the value chain and scanned again on delivery.
- Notifications: Can be customised through TA provider. Option to switch on advance notifications, delivery notifications and delivery notifications.
- Deviation management: If it is not possible to deliver the parcel to the recipient, the parcel is returned to the terminal.

## Delivery times PostNord Parcel



*Applies to parcels dropped off by the currently applicable drop-off deadlines. PostNord Parcel complies with PostNord's currently applicable delivery and conditions and lead times. Detailed lead times and coverage tables can be requested from Helthjem.*



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## Shipping rates

Helthjem offers standard nationwide unit rates based on billable weight. All customers are quoted individual prices based on average sizes, average weights and number of consignments, today and in the future.

## Compensation

In compliance with the industry standard for business deliveries, NSAB

## Additional services

A range of additional services are offered in connection with repeat trips, changes in recipient information, good insurance, etc. Contact us for an up-to-date list of additional services and prices