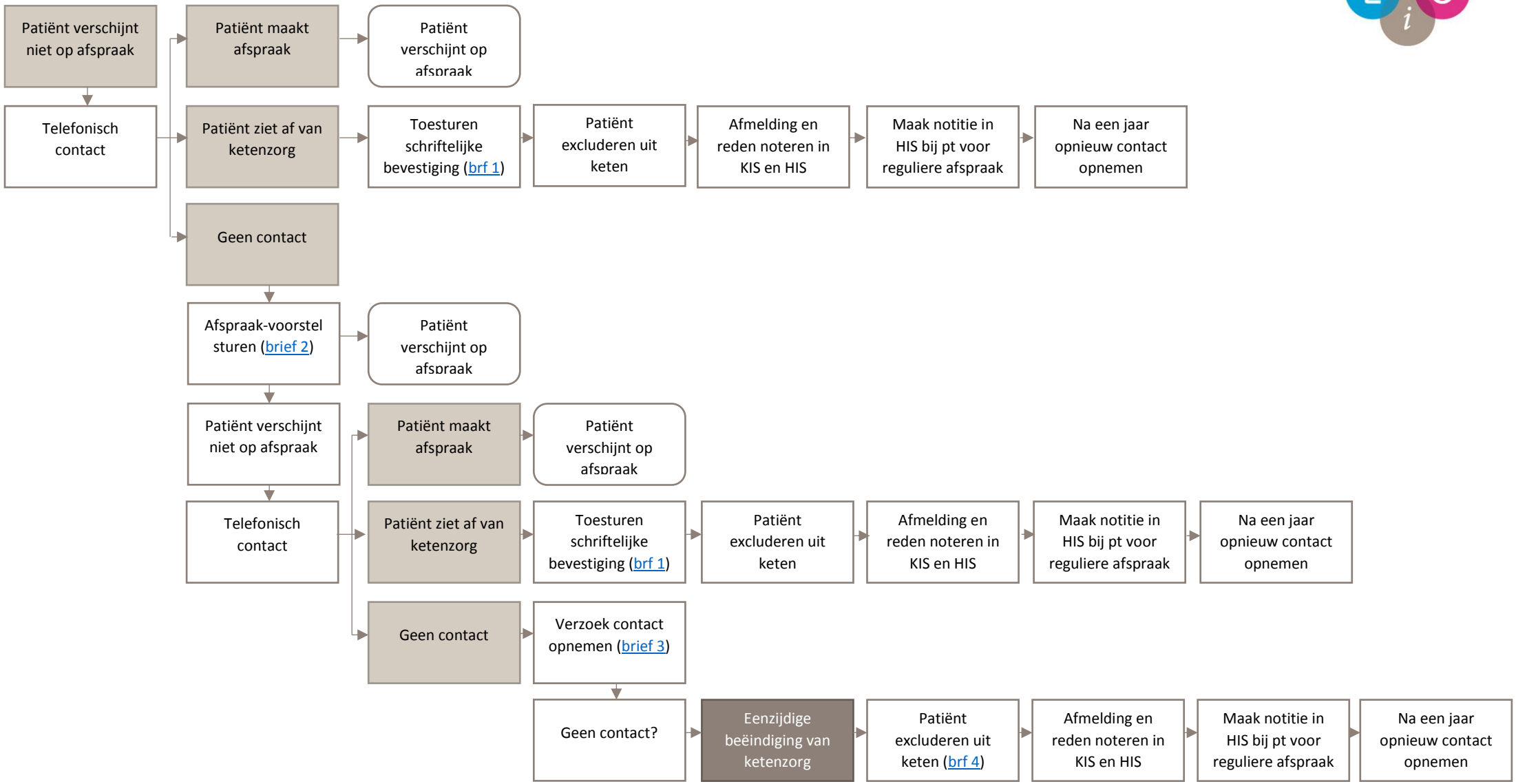Stroomschema No-show advies ZIO