

Health promotion Courses/approved providers

SANA/COMPLETA Supplementary Health Insurance Status 1 January 2021

COMPLETA EXTRA Supplementary Health Insurance Status 1 January 2024*¹

COMPLETA PLUS Supplementary Health Insurance Status 1 January 2024

Health promoting measures are sub-divided into four areas: fitness, back/full-body training, nutrition/relaxation/movement courses and offers from Helsana cooperation partners, and pregnancy. We pay 75% of the invoiced costs, up to CHF 200 per calendar year and per area, under SANA/COMPLETA. In addition to the benefits under COMPLETA, we cover 60% of the excess invoice amount under COMPLETA EXTRA up to a maximum of CHF 800 per calendar year for all areas combined **or** under COMPLETA PLUS, 75% of the excess invoice amount, up to a maximum CHF 200 per calendar year for all areas combined. **This is on the condition** that the gym or individual/cooperation partner leading the course is recognised by Helsana. A list of recognised entities can be found on our homepage: helsana.ch/fitness-centres. Beyond this, benefits are also paid for sport promotion and baby and children's swimming as set out in the sport promotion area (last page).

A maximum of CHF 200 per calendar year shall be payable from COMPLETA EXTRA for gyms in other countries that are not included in the list. Under COMPLETA PLUS, the same maximum amount stated above applies (75% up to max. CHF 200 per calendar year for all areas cumulatively), where no claim is possible under COMPLETA.

Area Fitness

Gym membership

Recognised fitness courses

– Aerobics	– FitPlus®	– Pilates
– Antara®	– Franklin Method®	– Piloxing
– Aqua-Fitness	– Gymnastics	– Power training
– BGB OsteoFit®	– Hip-Hop	– Rhythmics course by Jacques Dalcrize (for policyholders over the age of 65)
– Bodybuilding	– Indoor rowing/Crew classes	– Running
– Bodytuning	– Jazz exercise	– Spinning®
– Cantienica®	– Jogging	– Stretching
– ChiBall	– Karate	– Sypoba
– Circuittraining	– Lotte Berk Method	– Tae Bo®
– Condition training with music	– Move and Relax	– Training/Dance for seniors
– Couple dance	– myClubs (Helsana subscription)	– Trampolintraining/Rebounding
– Endurance training	– Neuromuscul. Integrat. action Nia	– TRX-Training
– Fat Burn	– Nordic Walking	– Yoga
– Functional Training	– Osteoporosis exercise	– Zumba
– fitdankbaby®	– Personal Training	
– Fitpass		
– Fitness training		

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¹ COMPLETA EXTRA supplementary insurance has been run as a closed portfolio since 11 September 2023. This means it is no longer possible to take out this product.

Area back therapy training

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- Alexander technique*
 - Autogenic training*
 - Back exercises
 - Back training
 - Feldenkrais*
 - Pelvic floor exercises
 - Respiratory gymnastics*
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* also, complementary therapists approved by Helsana

Nutrition, relaxation, movement, and courses offered by Helsana and its cooperation partners

Health seminars and courses	<ul style="list-style-type: none"> – All Nutrition courses by swiss association of registered dieticians SVDE – Offered by MOTIO AG
Weight loss programmes	<ul style="list-style-type: none"> – Betty Bossi app «healthy weight loss» – eBalance – OVIVA without medical prescription «selfpay patient» – WW courses from Weight Watchers SA
Prevention of falls and balance training	<ul style="list-style-type: none"> – Courses by Pro Senectute – Qi Gong – Tai Chi – Safe through everyday life (Rheumaliga Schweiz). Personal fall prophylaxis at home for persons over 65 years of age
Relaxation by stress	<ul style="list-style-type: none"> – Mindfulness-Based Stress Reduction Recognised MBSR. Instructors: mindfulness.swiss – Mindfulness training – Stress management
First-aid courses Federation of Swiss Samaritans (only under COMPLETA/COMPLETA EXTRA /COMPLETA PLUS)	<ul style="list-style-type: none"> – BLS-AED courses (4hr course with the use of a defibrillator) – First Aid courses (levels 1, 2 and 3) (First Aid courses for drivers licenses do not get reimbursed) – Emergencies with toddlers and preschooler's
First-aid courses for mental health of Swiss Red Cross (only under COMPLETA/COMPLETA EXTRA /COMPLETA PLUS)	<ul style="list-style-type: none"> – Standard course for adults who want to support relatives with mental health problems (12 hours without break – usually 4 half days). <p style="margin-left: 20px;">Offer available in the cantonal associations of Swiss Red Cross in AG, BE, GR, LU, NW, OW, SG TG and ZG</p>

Area pregnancy

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| Where services are provided in connection with pregnancy, 75 % of the invoiced costs up to CHF 500 in a calendar year are covered | <ul style="list-style-type: none"> – Birth preparation – Antenatal exercise classes – Postnatal exercise classes |
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Also, by recognised midwives* or offers by clinics/hospitals

* For the recognition of midwives, please contact Helsana.

Sport promotion

A maximum of CHF 200 per calendar year shall be payable from **COMPLETA EXTRA** to:

Infant swimming	– aQuality.ch, Education Aquatique 1, Firstflow, Qualitop, EMfit, Qualicert
Mountaineering	– Swiss Alpine Club (SAC) membership
Golf	– Migros GolfCard
Climbing	– Subscription costs for recognised Verband Schweizer Boulder- und Kletteranlagen (Association of Swiss Bouldering and Climbing Facilities, VSBK) climbing facilities/bouldering halls, QualiCert
Cross-country skiing	– Swiss cross-country skiing trails pass
Swimming schools/lessons	– aQuality.ch, EMFit, Swiss Aquatics (SSCHV) (only licensed swimming schools), Qualitop, EMfit, Qualicert
Dancing	– Dance courses at a Swiss Dance Association (TVS) dance school
Tennis	– Active membership at swisstennis clubs
Gymnastics	– Active membership at a Swiss Gymnastics Association (STV) gymnastics club – Please send us your invoice with a copy or print screen of your STV/FSG-Member card.

COMPLETA PLUS covers up to 75% of the invoice amount for swimming lessons for babies and children, up to a maximum of CHF 100 per calendar year. This benefit applies to insured children until the end of the calendar year in which they turn five years old.

Infant swimming	– aQuality.ch, Education Aquatique 1, Firstflow, Qualitop, EMfit, Qualicert
Children's swimming	– aQuality.ch, EMFit, Swiss Aquatics (SSCHV) (only licensed swimming schools), Qualitop, EMfit, Qualicert