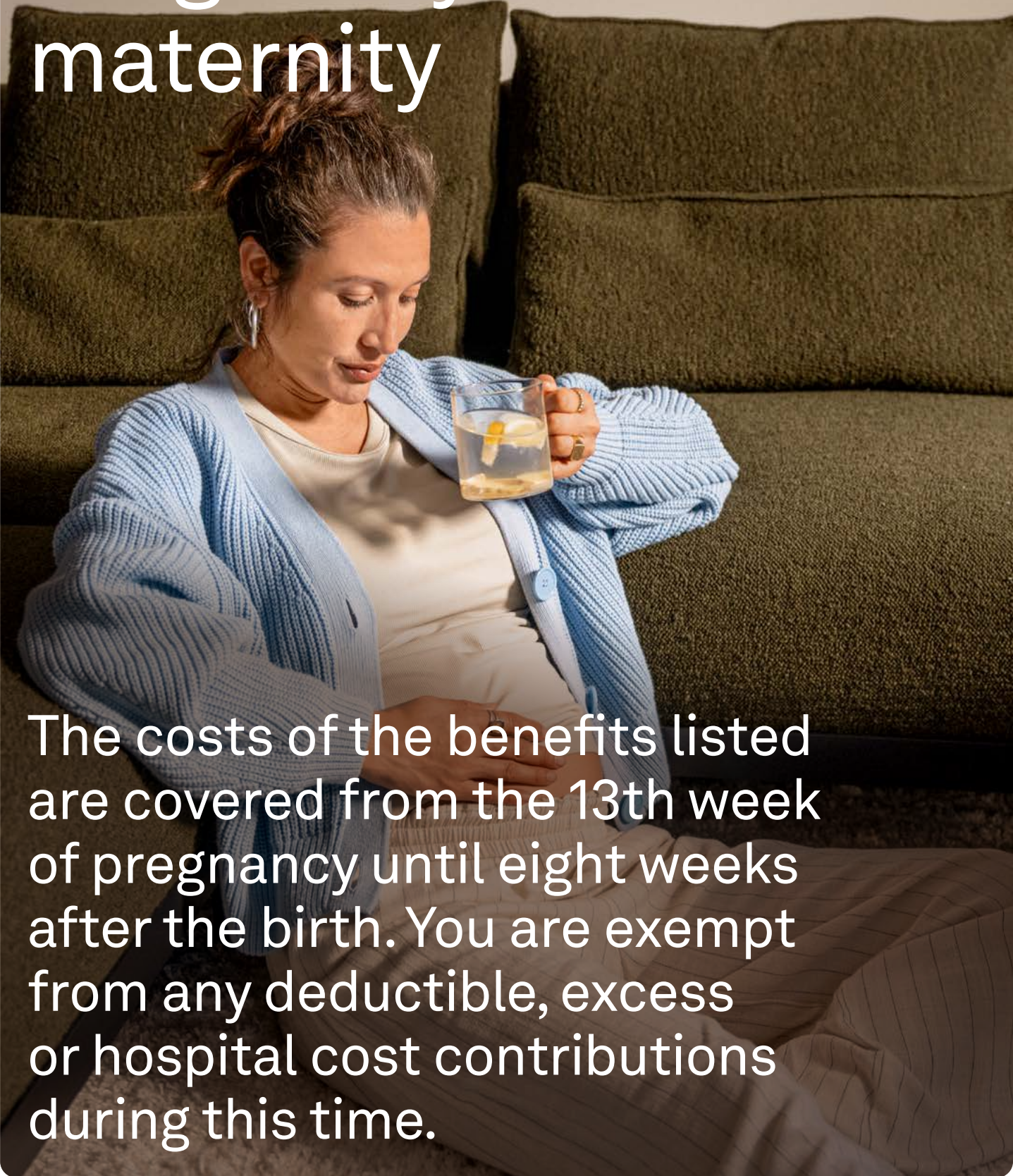


Pregnancy and maternity

A pregnant woman with her hair in a bun, wearing a light blue cardigan over a white top, is sitting on a dark green couch. She is holding a glass of water with a lemon slice in her right hand and looking down at her pregnant belly. The background is a plain, light-colored wall.

The costs of the benefits listed are covered from the 13th week of pregnancy until eight weeks after the birth. You are exempt from any deductible, excess or hospital cost contributions during this time.

There for you with a comprehensive range of benefits

Basic insurance
TOP¹
SANA¹
COMPLETA¹
COMPLETA PLUS^{1/2}
HOSPITAL¹
PRIMEO¹

Benefits

Good to know

Check-ups

7 Medically necessary check-ups with a doctor or midwife

✓

✓

✓

✓

2 Ultrasound examinations and laboratory analyses by a doctor

✓

✓

✓

✓

For a high-risk pregnancy, the number of appointments is at the doctor's medical discretion.

For normal pregnancies, any extra costs are covered by SANA, COMPLETA and COMPLETA PLUS as preventive healthcare.

Pregnancy-related health problems

Treatment for pregnancy-related health problems

✓

Medically prescribed medications on the specialties list to treat pregnancy-related health problems

✓

Medications not covered by statutory health insurance

✓

✓

Complementary medicine remedies

✓

✓

Compression stockings

✓

✓

The specialties list (SL) issued by the Federal Office of Public Health includes medication paid for by basic insurance.

If prescribed by a doctor and approved by Swissmedic for treatment

Two pairs of compression stockings per year (365 days) from compression class II (according to the provisions of the FOPH's medical aids and equipment list)

Birth preparation

Hospital stay to prevent premature birth

✓

✓

Basic care and treatment through home nursing before the birth

✓

Birth preparation classes³

✓

✓

✓

✓

Up to CHF 150 is covered by basic insurance. SANA and COMPLETA cover 75% up to a maximum amount of CHF 500 per year for pregnancy-related services from recognised service providers. COMPLETA PLUS covers 75% up to a maximum amount of CHF 200 per year (applies to all areas combined).

Treatments

Massages

✓

✓

✓

Acupuncture by a doctor trained in acupuncture

✓

✓

✓

✓

Acupuncture by recognised TCM therapists and midwives

✓

✓

✓

The treatment methods and therapists are recognised by Helsana.

If acupuncture is performed by a midwife, the costs will be covered solely as part of the preparation for/during the birth and only under the supplementary insurance policies indicated.

Benefits

Good to know

Childbirth

Hospital birth, inpatient	✓					✓		
Hospital birth, outpatient	✓					✓		Lump sum for outpatient hospital births under HOSPITAL FLEX, HOSPITAL Semi-Private and HOSPITAL Private
Birth in a birthing centre	✓					✓		Lump sum for outpatient births in birthing centres under HOSPITAL FLEX, HOSPITAL Semi-Private and HOSPITAL Private Please contact us before you register with a birthing centre.
Home birth	✓					✓		Lump sum for home births under HOSPITAL FLEX, HOSPITAL Semi-Private and HOSPITAL Private

The post-partum period

Postpartum care by a midwife or specialist carer up to eight weeks after the birth	✓							
Postpartum care by a midwife or specialist carer from eight weeks after the birth	✓						✓	A doctor's order is required for postnatal care from eight weeks after the birth.
Household help after the birth						✓	✓	After an inpatient hospital birth Following an outpatient birth in a PRIMEO contract hospital

Breastfeeding

3 breastfeeding guidance sessions	✓							The 3 breastfeeding guidance sessions are still exempt from co-payment after the first eight weeks following the birth have passed.
Aids and equipment, e.g. breastfeeding compresses, compression stockings, renting/purchasing an electric breast pump and purchasing a manual breast pump	✓						✓	* The hire costs are covered for up to eight weeks in medically justified cases. The accessories must be purchased separately (according to the restrictions under the FOPH's medical aids and equipment list).

After the birth

Medical follow-up examinations and medically required laboratory analyses within 10 weeks following the birth	✓							
Postnatal gymnastics			✓	✓	✓			From recognised service providers

¹ Waiting period of 365 days from the start of the insurance

² Can only be taken out in combination with COMPLETA

³ Benefits for the pregnant person

We are happy to help.

Helsana Group

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➔ helsana.ch/contact

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