



2605_Einzel_Angabote-Gesundheitsförderung-EN

Recognised offers for health promotion

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses (**go to “[Search for service providers](#)”** ) and
- these offers/courses must be covered by your supplementary insurance and
- serve to promote prevention and improve health

This document does not constitute a cost approval and is subject to change.

The General Insurance Conditions and Additional Insurance Conditions for SANA, COMPLETA, COMPLETA PLUS and COMPLETA EXTRA apply – we are happy to answer any questions or provide further clarification.

List of recognised offers (therapies/courses/providers)

Any offers not on this list are not recognised.

Free health
consultation service
for supplementary
insurance
policyholders
058 340 15 69

Area Fitness:

→ Machine-based weight and endurance training in a gym

Gym membership

→ Fitness courses

Aerobics, Antara®, aqua-fitness, endurance training, BGB OsteoFit®, body tuning, Cantienica®, ChiBall, circuit training, fat burn, functional training, gymnastics, hip hop, indoor rowing/crew classes, jazz exercise, jogging/running, coordination training, weight training, Neuromuscular Integrative Action (NIA), Nordic walking, osteoporosis exercise, ballroom dancing, Pilates, piloxing, Spinning®, training for seniors, Sypoba, Tae Bo®, trampoline training/rebounding, TRX training, yoga, Zumba

→ Special subscriptions

Fitpass, myClubs (Helsana subscription)

Area Back and body awareness training:

→ Back exercises and body awareness training

Alexander technique, breathing exercises, autogenic training, pelvic floor exercises, Feldenkrais, back exercises, back training

Area Pregnancy:

→ Pregnancy courses

Birth preparation, antenatal exercise classes, postnatal exercise classes

Area Nutrition, relaxation, movement, and courses offered by Helsana cooperation partners:

→ Health seminars and courses

All nutrition courses provided by the Swiss Association of Registered Dieticians (SVDE)

→ Weight loss programmes

Betty Bossi “Calorie Counter” app, eBalance, OVIVA without a medical prescription (“self-pay patient”), WW courses provided by Weight Watchers SA

→ Fall prevention

“Walk safely” courses provided by Pro Senectute, fall prevention courses, including those offered by Rheumaliga

→ Balance training

Qigong, tai chi

→ Courses for relaxation in case of stress

MBSR “Mindfulness-Based Stress Reduction”, mindfulness training, stress management

→ SRK first aid courses

First aid course (Swiss Samaritans) and first aid for mental health course provided by the Swiss Red Cross, “Basic Pool Certificate” course from the Swiss Life-saving Society

Area Sport promotion:

→ Infant and children’s swimming

Swimming lessons for infants, swimming lessons/schools for children

→ Memberships at selected sports clubs

Mountaineering, golf, climbing, cross-country skiing, dancing, tennis, gymnastics

Area Fitness

Machine-based weight and endurance training in a gym

Includes the following offers:

Machine-based weight and endurance training in a gym, including personal training

These certified providers are recognised by us for the offers listed above:

Gyms certified according to a quality label recognised by us, as well as all gyms in hospitals and medical, chiropractor's and physiotherapy practices.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important: There is **no** reimbursement of EMS, including personal training, subscription add-ons such as sunbed, sauna, wellness, indoor pool, nutritional products, crèche, parking fees, registration fees, training accessories, etc.

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
([go to «Search for service providers»](#)) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
- Questions about a suitable offer/course?
- Questions about payment of costs?
- **Contact**

Area Fitness

Fitness courses

Includes the following offers/courses:

- Fitness courses: Aerobics, Antara®, aqua-fitness, endurance training, BGB OsteoFit®, body tuning, Cantienica®, ChiBall, circuit training, fat burn, functional training, gymnastics, hip hop, indoor rowing/crew classes, jazz exercise, jogging/running, coordination training, weight training, Neuromuscular Integrative Action (NIA), Nordic walking, osteoporosis exercise, ballroom dancing, Pilates, piloxing, Spinning®, training for seniors, Sypoba, Tae BO®, trampoline training/rebounding, TRX training, yoga, Zumba
- Personal training in connection with the above-mentioned courses

These certified providers are recognised by us for the courses listed above:

Health promotion specialists (gyms/course providers) certified according to a quality label recognised by us, as well as all gyms in hospitals and medical, chiropractor's and physiotherapy practices.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
(go to «Search for service providers» [↗](#)) and
- these offers/courses must be covered by your supplementary insurance and
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- **Contact**

Area Fitness

Special subscriptions

Includes the following offers from providers recognised by us:

- Fitpass: The benefit (therapy/course) and the gym must be recognised by us.
Reimbursement: Confirmation of Fitpass subscription, including detailed training duration and gym details, is required for the benefits assessment. This confirmation will only be issued for an uninterrupted 6 or 12-month Fitpass subscription and can be sent to us upon receipt.
- myClubs: Helsana subscription purchased on the [myClubs](#) landing page.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire fitness area.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
([go to «Search for service providers»](#) ) and
- these offers/courses must be covered by your supplementary insurance and
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- Areas and quality labels?
- **General information**
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- **Contact**

Area Back and body awareness training

Back exercises and body awareness training

Includes the following courses:

Alexander technique*, breathing exercises*, autogenic training*, pelvic floor exercises, Feldenkrais*, back exercises, back training

These certified providers are recognised by us for the courses listed above:

Health promotion specialists (gyms/course providers) certified according to a quality label recognised by us, as well as all gyms in hospitals and medical, chiropractor's and physiotherapy practices. *We also accept certified complementary medicine specialists for courses marked with an asterisk.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire back/body awareness training area.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (Maximum amount applies to the entire back/body awareness training area.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses ([go to «Search for service providers»](#)) and
- these offers/courses must be covered by your supplementary insurance and
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- Areas and quality labels?
- **General information**
- Questions about a suitable offer/course?
- Questions about payment of costs?
- **Contact**

Area Pregnancy

Pregnancy courses

Includes the following courses:

Birth preparation, antenatal exercise classes, postnatal exercise classes

These certified providers are recognised by us for the courses listed above:

Midwives with a PAR number, clinics/hospitals, physiotherapists and health promotion specialists (gyms/course providers) certified according to a quality label recognised by us.

SANA	75% of the invoice amount, up to a maximum of CHF 500 per calendar year (Maximum amount applies to the entire pregnancy area.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 500 per calendar year (Maximum amount applies to the entire pregnancy area.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 500 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 500 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important: The subscription is billed and paid for via the pregnant mother, not the accompanying person. Basic insurance also covers part of the cost of birth preparation. If the requirements of basic insurance are fulfilled, you will receive any excess costs from the supplementary insurances listed above. You can find more information about basic insurance benefits [here](#).

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses ([go to «Search for service providers»](#) ) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
- Questions about a suitable offer/course?
- Questions about payment of costs?
- **Contact**

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

Health seminars and courses

Includes the following programmes delivered by providers recognised by us:

All nutrition courses provided by the Swiss Association of Registered Dietitians SVDE.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
(go to «Search for service providers» [↗](#)) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
- Questions about a suitable offer/course?
- Questions about payment of costs?
- **Contact**

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

Weight loss programmes

Includes the following programmes delivered by providers recognised by us:

- Betty Bossi “Calorie Counter” app
- eBalance
- OVIVA without a medical prescription (“self-pay patient”)
- WW courses provided by Weight Watchers SA

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
(go to «Search for service providers» [↗](#)) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
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- Questions about payment of costs?
- **Contact**

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

Fall prevention

Includes the following programmes and courses delivered by providers recognised by us:

- “Walk safely” courses provided by Pro Senectute
- Fall prevention courses offered by Rheumaliga
- Fall prevention provided by health promotion specialists (gyms/course providers) certified according to a quality label recognised by us, as well as all gyms in hospitals and medical, chiropractor’s and physiotherapy practices

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important: From 1 July 2026, basic insurance covers the costs of fall prevention therapy at a physiotherapy practice, provided the requirements of basic insurance are met and minus the co-payment. You can find more information about basic insurance benefits [here](#).

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses ([go to «Search for service providers»](#)) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



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- **Contact**

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

Balance training

Includes the following courses:

Qigong, tai chi

These certified providers are recognised by us for the courses listed above:

Health promotion specialists (gyms/course providers) certified according to a quality label recognised by us.

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses ([go to «Search for service providers»](#)) and
- these offers/courses must be covered by your supplementary insurance and
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Area Nutrition, relaxation, movement, and courses offered by Helsana cooperation partners

Courses for relaxation in case of stress

Includes the following programmes and courses delivered by providers recognised by us:

- MBSR: Mindfulness-Based Stress Reduction.
Recognised instructors: [mindfulness.swiss](https://www.mindfulness.swiss)
- Mindfulness training: health promotion specialists (gyms/course providers) certified according to a quality label recognised by us
- Stress management: health promotion specialists (gyms/course providers) certified according to a quality label recognised by us

SANA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
([go to «Search for service providers»](#) ) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
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- Questions about payment of costs?
- **Contact**

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

SRK first aid courses

Includes the following programmes and courses delivered by providers recognised by us:

- SRK (Swiss Samaritans) first aid courses: BLS-AED courses (4-hour course with the use of a defibrillator), first aid courses (levels 1, 2 and 3), emergencies involving toddlers and preschoolers
- Swiss Red Cross first aid courses for mental health: standard course for adults who want to support relatives with mental health problems (12 hours without a break – usually 4 half-days); offer available from the Swiss Red Cross cantonal associations in AG, BE, GR, LU, NW, OW, SG, TG and ZG
- “Basic Pool Certificate” course from the Swiss Lifesaving Society

SANA	No payment of costs
COMPLETA	75% of the invoice amount, up to a maximum of CHF 200 per calendar year (The maximum amount applies to the entire area of nutrition, relaxation, movement, and courses offered by Helsana cooperation partners.)
COMPLETA and COMPLETA PLUS	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 75% of the invoice amount in excess of that, up to a maximum of CHF 200 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined
COMPLETA and COMPLETA EXTRA (No longer offered)	– 75% of the invoice amount, up to a maximum of CHF 200 per calendar year – 60% of the invoice amount in excess of that, up to a maximum of CHF 800 per calendar year, in addition to the benefits provided under COMPLETA and for all areas combined

Important: First aid courses for drivers licenses are **not** reimbursed.

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
([go to «Search for service providers»](#) ) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
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- **Contact**

Area Sport promotion

Infant and children's swimming

Includes the following courses:

Swimming lessons for infants, swimming lessons/schools for children

These certified providers are recognised by us for the courses listed above:

- Infant swimming courses: [aQuality.ch](#), [Education Aquatique 1](#), [Firstflow](#), health promotion specialists (gyms/course providers) certified according to a quality label recognised by us
- Children's swimming courses: [aQuality.ch](#), [Swiss Aquatics \(SSCHV\)](#) (only licensed swimming schools), health promotion specialists (gyms/course providers) certified according to a quality label recognised by us

COMPLETA PLUS	75% of the invoice amount, 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.
COMPLETA EXTRA (No longer offered)	Maximum CHF 200 per calendar year (Maximum amount applies to all sport promotion programmes.) This benefit has no age limit and therefore applies to infants, children and adults.

Important: This benefit concerns a swimming course or lesson, not pool/indoor pool admission. The subscription is billed and paid for via the insured child, not the parents.

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses
([go to «Search for service providers»](#) ) and
- these offers/courses must be covered by your supplementary insurance and
- must serve to promote prevention and improve health.



- Areas and quality labels?
- **General information**
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Area Sport promotion

Memberships at selected sports clubs

Includes the following sport promotion offers delivered by providers recognised by us:

- Mountaineering: Swiss Alpine Club (SAC) membership
- Golf: Migros GolfCard
- Climbing: Subscription costs for recognised Association of Swiss Bouldering and Climbing Facilities (Verband Schweizer Boulder- und Kletteranlagen, VSBK) climbing facilities/bouldering halls, QualiCert-certified indoor climbing facilities
- Cross-country skiing: Swiss cross-country skiing trails pass
- 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, including a copy or print screen of your STV/FSG membership card.

COMPLETA EXTRA

(No longer offered)

Maximum CHF 200 per calendar year

(Maximum amount applies to all sport promotion programmes, including infant and children's swimming.)

Important to know

- Your provider must be recognised by Helsana for the selected offers/courses ([go to «Search for service providers»](#)) and
- these offers/courses must be covered by your supplementary insurance and
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- Areas and quality labels?
- **General information**
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General information

What are the 4 areas of health promotion?

We divide health promotion offers into the following 4 areas:

- Fitness
- Back and body awareness training
- Nutrition, relaxation, movement, and courses offered by Helsana cooperation partners
- 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 also cover 60% of the excess invoice amount under COMPLETA EXTRA up to a maximum of CHF 800 per calendar year for all areas combined. **Alternatively**, we cover 75% of the excess invoice amount under COMPLETA PLUS up to a maximum of 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. You can find a list of these on our homepage: [go to “Search for service providers”](#).

Beyond this, benefits are also paid for sport promotion and infant and children’s swimming as set out under sport promotion.

Overseas subscriptions

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 maximum CHF 200 per calendar year for all areas combined), where no claim is possible under COMPLETA.

Our recognised quality labels

- EMfit
- Qualitop
- QualiCert
- Fitness guide (fitness classification)

Certification does not automatically guarantee recognition. Your provider must be recognised by Helsana for the selected offers/courses ([go to “Search for service providers”](#)) and these offers/courses must be covered by your supplementary insurance.

Online fitness courses

We do not cover the cost of online courses, app training programmes, live stream offers or Fitness@home subscriptions, because the provision of support and guidance by the course instructors during training cannot be guaranteed.

Important information regarding reimbursement

Our benefits do not include reimbursement of memberships that were purchased prior to the start of insurance. The maximum amount applies per calendar year, even if the membership that has been submitted is valid in the subsequent year. The entitlement to the maximum amount shall only re-apply in the subsequent year if a new subscription is submitted.

Please send us a detailed invoice or subscription confirmation for reimbursement. Thank you.

[← Back to the list of recognised offers](#)

We are here to help you.

Helsana Supplementary Insurances Ltd

Questions about payment of costs:

Treatment in Switzerland

0844 80 81 82

Treatment abroad

058 340 13 55

Questions about a suitable offer/course:

Free health consultation for
supplementary insurance policyholders

058 340 15 69

Monday – Friday, 8 am – 6 pm

helsana.ch/health-consultation [↗](#)

helsana.ch/contact [↗](#)

helsana.ch/locations [↗](#)

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