



Pregnancy and maternity Insured benefits

Helsana
Committed to life.

We are committed to your well-being as an expectant mother.

The costs of the benefits listed are covered from the 13th week of pregnancy until eight weeks after the birth. You are exempt from a deductible or excess during this time. Before and after this time, pregnancy check-ups with a doctor or midwife, including analyses and ultrasound examinations, are also exempt from co-payment if they are statutory benefits.

There for you with a comprehensive range of benefits

Benefits	Basic insurance	TOP*	SANA*	COMPLETA*	COMPLETA EXTRA **	HOSPITAL*	PRIMEO*	Good to know
Check-ups								
Medically necessary check-ups with a doctor or midwife	X							Seven check-ups
Ultrasound examinations and laboratory analyses by a doctor	X							Two ultrasound examinations
Pregnancy-related health problems								
Treatment for pregnancy-related health problems	X							
Medication on the specialities list to treat pregnancy-related health problems	X							The specialities list (SL) issued by the Federal Office of Public Health includes medication paid for by basic insurance.
Medications not covered by statutory health insurance		X		X				
Complementary medicine remedies			X	X				
Birth preparation								
Hospital stay to prevent premature birth	X					X		
Basic care and treatment by Spitex before the birth	X							
Antenatal classes	X		X	X	X			Up to CHF 150 is covered by basic insurance. SANA and COMPLETA cover 75% up to a max. of CHF 500 per calendar year for services in connection with pregnancy from recognised service providers. COMPLETA EXTRA covers any costs in excess of this, up to a max. of CHF 800.
Therapies								
Massages			X	X	X			Treatment by therapists recognised by Helsana
Acupuncture by a doctor trained in acupuncture	X		X	X	X			
Acupuncture by recognised TCM therapists and midwives			X	X	X			
Birth								
Hospital birth, inpatient	X					X		
Hospital birth, outpatient	X					X		Lump sum for outpatient hospital births under HOSPITAL FLEX, HOSPITAL SEMI-PRIVATE and HOSPITAL PRIVATE
Birth in a birthing centre	X					X		Please contact us before you register with a birthing centre. Lump sum for outpatient births as an inpatient at a birthing centre if birthing centre is on the hospital list under HOSPITAL FLEX, HOSPITAL SEMI-PRIVATE And HOSPITAL PRIVATE
Home birth	X					X		Lump sum for home births under HOSPITAL FLEX, HOSPITAL SEMI-PRIVATE and HOSPITAL PRIVATE
The postpartum period								
Postpartum care by a midwife or specialist carer up to eight weeks after the birth	X							
Postpartum care by a midwife or specialist carer from eight weeks after the birth	X							Minus co-payment
Household help after the birth						X		
Breastfeeding								
Three breastfeeding guidance sessions	X							The three 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	X						X	
After the birth								
Medical follow-up examinations and medically required laboratory analyses within 10 weeks following the birth	X							
Postnatal exercise classes			X	X	X			From recognised service providers

* Please note that it is not possible to take out supplementary insurance during pregnancy.

** Can only be taken out in combination with COMPLETA

We are there for you.

Throughout your life. Helping you stay healthy. So that you recover quickly. Or can live a better life when affected by illness.

We are happy to help.

Helsana Group
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Maternity benefits and giving birth abroad

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Do you know about our Baby Package?

You can find information about insurance cover for newborns at helsana.ch/baby

Proud to be a top-rated provider.

