

Health promotion

Courses / providers approved by Helsana

Edition 1 August 2020

SANA Supplementary Health Care Insurance for prevention and complementary medicine

(according to the Additional Insurance Conditions AIC Art. 4)

COMPLETA Supplementary Health Care Insurance for generally benefits

(according to the Additional Insurance Conditions AIC Art. 12)

For the following health promoting measures, 75% of the incurred costs per area up to a maximum of CHF 200 per calendar year are covered. The total entitlement for all four areas is up to CHF 500 per calendar year.

1 Area Fitness

Fitness centre subscription

Recognised fitness courses

Aerobics	Fit-Gym	Piloxing
Antara®	Fitness training	Posture exercises
Aqua pilates	FitPlus®	Power training
Aqua spinning	Franklin-Methode®	Rock'n Roll
Aqua training	Funk/Hip-Hop	Running
Aqua Zumba®	Gym	Running course
Aquafit	GymFit exercise	Sball®
Aqua-Fit® by Ryffel Running	GymJazzFit	Seniorenexercise
BGB OsteoFit®	Hip Hop	SeniorenFit
Body building	Indoor rowing/Crew training	Spinning®
Body exercise for seniors	Jazz exercise	Stretching
Body toning	Jogging	Sypoba
BodyBalancePilates®	Karate	Tae Bo®
Cantienica	Les Mills aerobics	Trampolintraining/Rebounding
ChiBall	Les Mills gymnastics	TRX-Training
Circuit training	Lotte Berk method	Walking
Condition training with music	MelodyFit	WalkingCare®
Couples dancing	Move and Relax	Waterfitness Aquademie®
Dance aerobics	Neuromuscul. Integrat. action Nia	on shallow water
Dance for seniors	Nordic walking	on deep water
Endurance training	Osteoporosis exercise	Yoga
Fat burn	Pilates	Zumba
fitdankbaby®)	Pilates Care	

Rhythmic course by Jacques Dalcrize (for policyholders over the age of 65)

2 Area back therapy training

Alexander technique*	BeBo® health training	Respiratory exercises*
Autogenes training*	BGB SpineCare®	Respiratory exercises by Helmel®
Back exercises	Feldenkrais*	Vitaswiss Respiratory exercises
Back training	Pelvic floor exercises/training	

* also complementary therapists approved by Helsana

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3 Courses offered by Helsana and its cooperation partners

Health seminars and courses

Ai Chi	Nutrition and sport SVDE
Nutrition and bone health SVDE	Nutrition and stress SVDE
Nutrition and family SVDE	Nutrition and the respiratory system SVDE
Nutrition and health SVDE	Nutrition and work SVDE
Nutrition and pregnancy SVDE	Nutrition for prevention for diet-related illness SVDE
Nutrition and rheumatism SVDE	Offered by MOTIO AG

ASRD = Association swiss of registered dieticians

Weight loss programmes

eBalance
 Food and overweight SVDE
 Mycoach nutrition programs
 Nutrition advice SVDE
 OVIVA
 WW Weight Watchers SA courses

Prevention of falls and balance training by Pro Senectute

Balancetraining
 Fall prophylaxis
 Safe and dymnamic walking
 Safe walking
 Tai Chi- and Balance

MBSR eight-week course

MBSR = Mindfulness-Based Stress Reduction
 Recognised MBSR instructors:
www.mbsr-verband.ch/kursangebote/lehrende/

First-aid courses Federation of Swiss Samaritans (only under COMPLETA)

BLS-AED courses (4hr course with the use of a defibrillator)
 First Aid courses (levels 1, 2 and 3)
 Emergencies with toddlers and preschooler's
 (First Aid courses for drivers licenses do not get reimbursed)

4 Area pregnancy

Birth preparation (e.g. BGB BirthCare®)

Antenatal exercise classes
 Postnatal exercise classes

Also by recognized midwives* or offers by clinics / hospitals

Where services are provided in connection with pregnancy, 75% of the invoiced costs up to CHF 500 in a calendar year are covered.

* For the recognition of midwives, please contact Helsana.

The following fitness centres, course providers and complementary therapists are recognised by Helsana

Recognised fitness centres

Deutsch: helsana.ch/de/fitnesscenter
 Englisch: helsana.ch/en/fitness-centres

Recognised course providers

Deutsch: helsana.ch/de/kursleiter
 Englisch: helsana.ch/en/course-instructors

Complementary therapists

Deutsch: helsana.ch/de/komplementaertherapeuten
 Englisch: helsana.ch/en/complementary-therapists