

Edition 11 September 2023

Health promotion

Courses/approved providers

SANA/COMPLETA Supplementary Health Insurance Status 1 January 2021

COMPLETA EXTRA Supplementary Health Insurance Status 1 January 2022

COMPLETA PLUS Supplementary Health Insurance Status 1 January 2024

For the following health promotion measures, 75% of costs incurred are covered for each area, up to a maximum of CHF 200 per calendar year. In addition to the benefits under COMPLETA, we cover the full invoice amount under COMPLETA EXTRA, but only 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 cumulatively.

Important: Payment of costs under COMPLETA PLUS is possible from 1 January 2024.

Area Fitness

Gym membership

Recognised fitness courses

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

Area back therapy training

– Alexander technique*	– Back training	– Pelvic floor exercises
– Autogenic training*	– Feldenkrais*	– Respiratory exercises*
– Back exercises		

* 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 – eBalance – OVIVA without medical prescription “Selfpay Patient” – WW Weight Watchers SA courses
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"> – MBSR = 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). <p>Offer available in the cantonal associations of Swiss Red Cross in AG, BE, GR, LU, NW, OW, SG TG and ZG</p>

Area pregnancy

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.

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

Recognised gyms*:	helsana.ch/en/fitness-centres*
Recognised course providers:	helsana.ch/en/course-instructors
Complementary therapists:	helsana.ch/en/complementary-therapists

* 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.

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
Mountaineering	– Swiss Alpine Club (SAC) membership
Golf	– Migros GolfCard
Climbing	– Cost of subscription for IG climbing facilities, QualiCert
Cross-country skiing	– Swiss cross-country skiing trails pass
Swimming	– aQuality.ch, EMFit, Swiss Aquatics
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.

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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

Swimming – aQuality.ch, EMFit, Swiss Aquatics (SSCHV)
