

Valid as of 15 February 2025

Prevention

Preventive medical treatments and service providers recognised Helsana

Preventive measures are insured under the SANA, COMPLETA, COMPLETA PLUS and COMPLETA EXTRA supplementary insurance plans in accordance with the applicable Additional Insurance Conditions (AICs).

An entitlement to benefits applies with regard to the following measures, insofar as no benefits can be paid out under basic insurance.

Prevention:

- Vaccinations/travel advice*
- Gynaecological check-ups*
- Examinations for the early detection of cancer and cardiovascular disease**
 - The examinations must be carried out by and the results must be discussed with a doctor who is accredited for basic insurance.
 - **Not recognised are:** Providers who promote longevity (e.g. AEON, AYUN, AYUS, CARE, Longevity Center).

Patient courses:

- Anaphylaxis training for the parents of affected children
- Anaphylaxis training for young people and adults
- Anaphylaxis training for children
- Asthma seminars
- Diabetes seminars
- Neurodermatitis – training for parents/children

Training therapies and miscellaneous:

- Swimming for children with asthma and bronchitis
- Gymnastics and swimming for people with ankylosing spondylitis
- Exercise and sport for cancer patients
- Cardio/coronary groups (primary and secondary prevention programme)
- Intensive scoliosis therapy
- Smoking cessation (medications*, nicotine inhalers, courses, programmes, convalescent treatments, therapies, ear clips, electro-meridian method)
- Swimming/gymnastics for rheumatism patients
- Intensive therapy courses for cystic fibrosis patients
- Treatments involving computer-assisted treatment devices (MedX and Dynasom)

Measures and courses offered by service providers that are recognised by Helsana Insurance Company Ltd via Qualitop/Quali-Cert/EMfit/Fitness-Guide:

- Aqua-Fit for rheumatism sufferers
- OsteoFit, osteoporosis gymnastics
- Back strength training or medical training therapy for chronic back complaints as part of a one-off, structured educational introductory programme.

*These services are also covered abroad **These services are also covered abroad provided an application for the reimbursement of costs is submitted.