

# Prevention

preventive medical measures approved by Helsana

Edition 1 July 2021

## **SANA / COMPLETA supplementary insurance conditions, as at 1 January 2021**

## **COMPLETA EXTRA supplementary insurance conditions, as at 1 January 2022**

For the following preventive medical measures, SANA will cover 75 % of the costs, up to a maximum of CHF 500 per calendar year, and COMPLETA will cover 90 % of the costs, up to a maximum of CHF 750. In addition to the benefits under COMPLETA, we cover the full invoice amount under COMPLETA EXTRA, but only up to a maximum of CHF 500 per calendar year.

### **Entitlement to benefits is valid for:**

#### **Measures provided no benefits can be reimbursed under BASIS:**

- Vaccinations / Travel advice\*
- Examinations for risk factors for heart or cardiovascular diseases\*\*
- Examinations for early detection of cancer (e.g. gynaecology, bowel, skin, lungs, etc.)\*\*
- Treatments with computer-assisted therapy devices (MedX or dynasome)

#### **Patient training:**

- Asthma seminars
- Diabetes seminars
- Neurodermatitis – parent coaching

#### **Other:**

- Asthma and bronchitis swimming for children
- Bekhterev gymnastics and Bekhterev swimming
- Exercise and sport for cancer patients
- Heart/coronary support groups (primary and secondary prevention programme)
- Intensive scoliosis therapy
- Smoking cessation (Medication\*, nicotine inhalator, courses, programmes, convalescent treatment, therapies, ear clips, electro meridian methods)
- Rheumatism swimming/gymnastics
- Intensive therapy courses for cystic fibrosis

#### **Measures and courses by service providers recognised by Helsana Insurance Company Ltd via QualiCert/EMfit/Fitness-Guide:**

- Aquafit for rheumatism
- OsteoFit, osteoporosis gymnastics
- Back support training or medical training therapy for chronic back pain as part of a one-off structured entry pro-gramme with educational benefit

\* these benefits are also covered abroad

\*\* these benefits are also covered abroad, provided that the application for reimbursement of costs has been submitted first