

## Prevention

preventive medical measures approved by Helsana

Edition 1 January 2024

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

**COMPLETEA EXTRA supplementary insurance conditions, as at 1 July 2021**

**COMPLETEA PLUS Supplementary Health Insurance Status 1 January 2024**

For the following preventive medical measures, SANA will cover 75 % of the costs, up to a maximum of CHF 500 per calendar year, and COMPLETEA will cover 90 % of the costs, up to a maximum of CHF 750. In addition to the benefits under COMPLETEA, we cover the full invoice amount under COMPLETEA EXTRA, but only up to a maximum of CHF 500 per calendar year **or** under COMPLETEA PLUS, 90% of the excess invoice amount, up to a maximum 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/Kinderschulung
- Anaphylaxis training course for parents of affected children
- Anaphylaxis training course for youth & adults
- Anaphylaxis training course for children

**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 Qualitop/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

**The Helsana Group comprises Helsana Insurance Company Ltd,  
Helsana Supplementary Insurances Ltd and Helsana Accidents Ltd.**

# Helsana

- \* these benefits are also covered abroad
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