

Recognised therapeutic methods in complementary medicine

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (?) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

This document does <u>not</u> constitute a cost approval and is subject to change.

The General Insurance Conditions and Additional Insurance Conditions for SANA, COMPLETA, COMPLETA PLUS and COMPLETA EXTRA apply – we are happy to answer any questions or provide further clarification.



List of recognised treatment methods

Any methods not on this list are not recognised.

Free health consultation service for supplementary insurance customers 058 340 15 69

Α

- → Acupressure
- → Acupuncture
- → Acupuncture massage/therapy
- → Alexander Technique
- → Anthroposophic medicine
- → Auriculotherapy
- → Autogenic training
- → Autohaemotherapy
- → Ayurvedic massage
- → Ayurvedic medicine
- → Ayurveda Naturopathy
- → Ayurveda therapy

Β

- → Bach flower therapy
- → Baunscheidt method
- → Bioresonance therapy
- → Body wraps

С

- → Chromotherapy
- → Classical Massage
- → Colonic irrigation
- → Colourpuncture
- → Connective tissue massage
- → Craniosacral therapy
- → Cupping

D

- → Detoxification
- → Dorn therapy

Ε

- → Electroacupuncture
- → Electrotherapy
- → Etiopathy
- → Eurythmy therapy

F

- → Fasciatherapy
- → Feldenkrais
- → Foot reflexology massage

G

→ Gerda Alexander Eutony

Η

- → Herbal medicine (western/eastern)
- → Homeopathy
- → Hydrotherapy

K

- → Kinesiology
- → Kneipp therapy

List of recognised treatment methods

Any methods not on this list are not recognised.

Free health consultation service for supplementary insurance customers 058 340 15 69

L

- → Laser acupuncture
- → Leech therapy
- → Lymphatic drainage manual

Μ

- → Massage practices
- → Massage therapy
- → Medical massage
- → Moxibustion (moxa)

Ν

- → Naturopathic practices
- → Neural therapy
- → Nutritional advice/dietetics
- → Nutritional advice/therapy Ayurveda

0

→ Osteopathy

Ρ

- → Polarity
- → Puppet-play therapy

R

- → Reflexology therapy/massage
- → Regulative therapy
- → Respiratory therapy
- → Rhythmic massage/therapy
- → Rolfing/structural integration

S

- → Schüssler biochemistry
- → Shiatsu
- → Spinal column therapy

Τ

- → Traditional Chinese Medicine (TCM)
- → Trager approach
- → Tui Na/An Mo

6

You can find information regarding treatment abroad and complementary medicine remedies in

- → Various information
- → Contact

Acupressure

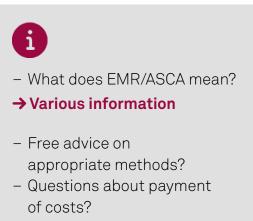
EMR method no. 3, 417, 4171

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Acupuncture

EMR method no. 5, 340, 341, 344, 3401, 3441, 3411

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Acupuncture massage/therapy

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for EMR method no. 6, 401, 4011:			
SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		
The specialist who is treating you is certified for ASCA method no. 272, 921, 9210:			
COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year		

COMPLETA EXTRA	75% of the invoice amount, up to a maximum of
(No longer offered)	CHF 750 per calendar year

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

→ What does EMR/ASCA mean?
→ Various information
- Free advice on appropriate methods?
- Questions about payment

- of costs?
- → Contact

Alexander Technique

EMR method no. 7, 400, 4001

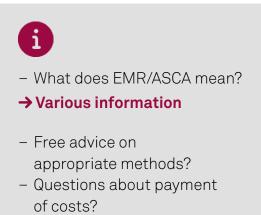
We recognise only **EMR-certified specialists for this method**. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Alexander Technique as part of health promotion: helsana.ch/recognised-courses-health-promotion (?

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Anthroposophic medicine

EMR method no. 10

We recognise only **EMR-certified doctors for this method**. ASCA-certified doctors are not recognised. Ask the doctor who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Auriculotherapy

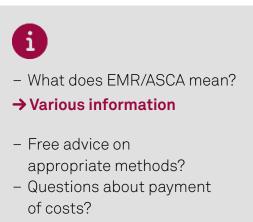
EMR method no. 5, 135, 136, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Autogenic training

EMR method no. 20

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Autogenic training as part of health promotion: helsana.ch/recognised-courses-health-promotion (2)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Autohaemotherapy

EMR method no. 61, 87, 360, 3601

We recognise specialists with a higher level of training for autohaemotherapy. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

The specialist who is treating you is a doctor or is EMR-certified for TEN naturopathic practices:		
SANA	75% of the invoice amount	
COMPLETA	75% of the invoice amount	
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 	
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount	

Important:

Autohaemotherapy is to be carried out in line with the principles of complementary medicine:

- Haemolysed, potentised, activated autologous blood
- Step-by-step auto-sanguis therapy
- Major and minor autohaemotherapy
- Haematogenous oxidation therapy (HOT)
- Ultraviolet blood irradiation (UVB)

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Ayurvedic massage

EMR method no. 22, 27, 28, 57, 300, 404, 3001, 4041/ASCA method no. 545, 546, 810, 912, 8100, 9120

We recognise EMR- or ASCA-certified specialists for this method.

Ask the specialist who is treating you about certification.

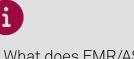
COMPLETA PLUS

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- What does EMR/ASCA mean?
- → Various information
 - Free advice on appropriate methods?
 - Questions about payment of costs?
- → Contact

Ayurvedic medicine

EMR method no. 300, 3001/ASCA method no. 810, 8100

We recognise EMR- or ASCA-certified specialists for this method.

Ask the specialist who is treating you about certification.

COMPLETA PLUS

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- What does EMR/ASCA mean?
- → Various information
 - Free advice on appropriate methods?
 - Questions about payment of costs?
- → Contact

Ayurveda Naturopathy

EMR method no. 22/ASCA method no. 545

We recognise EMR- or ASCA-certified specialists for this method.

Ask the specialist who is treating you about certification.

\mathbf{c}	MP			le
UU	IVIP		21.1	5
		_		

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- \rightarrow Various information
- Free advice on appropriate methods?
- Questions about payment of costs?
- → Contact

Ayurveda therapy EMR method no. 404, 4041/ASCA method no. 912, 9120

We recognise EMR- or ASCA-certified specialists for this method.

Ask the specialist who is treating you about certification.

COMPLETA PLUS

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

- What does EMR/ASCA mean?

- → Various information
 - Free advice on appropriate methods?
 - Questions about payment of costs?
- → Contact

i

Bach flower therapy

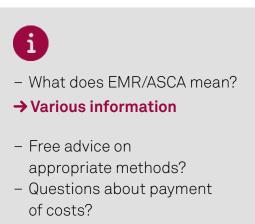
EMR method no. 29, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Baunscheidt method

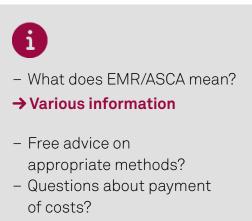
EMR method no. 31

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount		
COMPLETA	75% of the invoice amount		
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 		
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount		

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Bioresonance therapy

EMR method no. 38, 56

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Body wraps

EMR method no. 204, 205, 220, 360, 3601

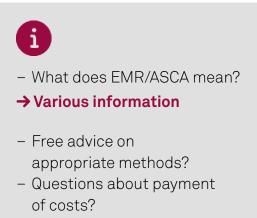
We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Wraps/compresses by a specialist for: → Medical massage (ASCA certification)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Chromotherapy

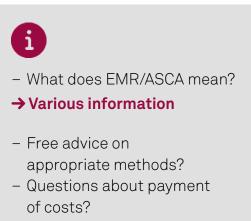
EMR method no. 76

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Classical Massage

EMR method no. 102/ASCA method no. 205

We recognise **EMR- or ASCA-certified specialists** for this method. Ask the specialist who is treating you about certification.

COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
COMPLETA EXTRA	75% of the invoice amount, up to a maximum of
(No longer offered)	CHF 750 per calendar year

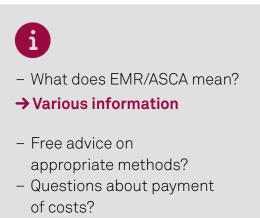
Your specialist is EMR-/ASCA-certified for Classical Massage and medical massage:

→ Medical massage

Your specialist is EMR-certified for Classical Massage and TEN naturopathic practices: → TEN naturopathic practices

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Colonic irrigation

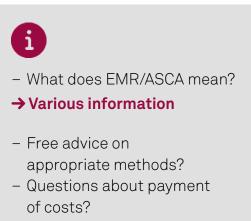
EMR method no. 51, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Colourpuncture

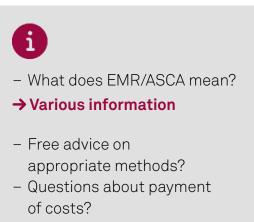
EMR method no. 75

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Connective tissue massage

EMR method no. 34/ASCA method no. 206

We recognise **EMR- or ASCA-certified specialists** for this method. Ask the specialist who is treating you about certification.

COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

COMPLETA EXTRA (No longer offered)

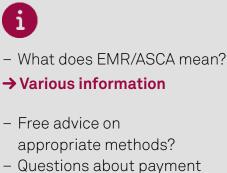
75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is EMR-/ASCA-certified for connective tissue massage and medical massage: → Medical massage

7 Medical massage

Your specialist is EMR-certified for connective tissue massage and TEN naturopathic practices: → TEN naturopathic practices

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- of costs?
- → Contact

Craniosacral therapy

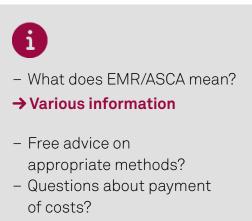
EMR method no. 53, 407, 4071

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



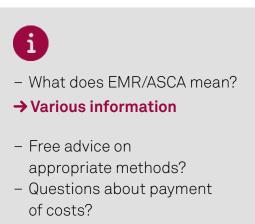


We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Detoxification

EMR method no. 219, 340, 341, 342, 343, 344, 360, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Detoxification method includes the following method, among others: phlebotomy, leech therapy, baunscheidt method or cupping.

Detoxification methods by specialists in:

→ Ayurvedic medicine (EMR/ASCA certification)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Dorn therapy

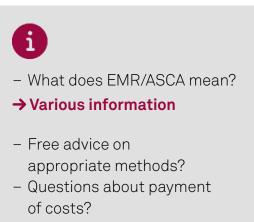
EMR method no. 43

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Electroacupuncture

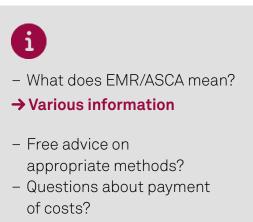
EMR method no. 5, 64, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Electrotherapy

EMR method no. 67

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Electrotherapy by a specialist for: → Medical massage (ASCA certification)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



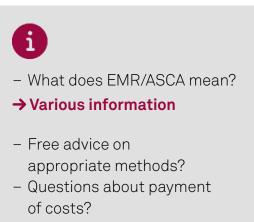
Etiopathy EMR method no. 141

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Eurythmy therapy

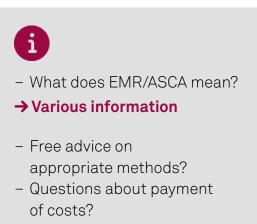
EMR method no. 89, 410, 4101

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Fasciatherapy

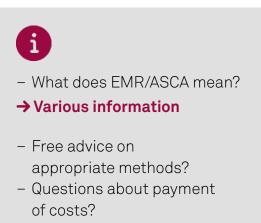
EMR method no. 77, 421, 4211

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Feldenkrais

EMR method no. 78, 409, 4091

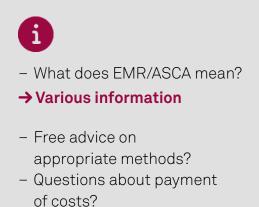
We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Feldenkrais as part of health promotion: helsana.ch/recognised-courses-health-promotion [7]

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Foot reflexology massage

EMR method no. 81/ASCA method no. 218

We recognise **EMR- or ASCA-certified specialists** for this method. Ask the specialist who is treating you about certification.

COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
COMPLETA EXTRA	75% of the invoice amount, up to a maximum of
(No longer offered)	CHF 750 per calendar year

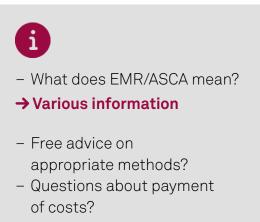
Your specialist is EMR-/ASCA-certified for foot reflexology massage and medical massage:

→ Medical massage

Your specialist is EMR-certified for foot reflexology massage and TEN naturopathic practices: → TEN naturopathic practices

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Gerda Alexander Eutony

EMR method no. 408, 4081

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Herbal medicine (western/eastern)

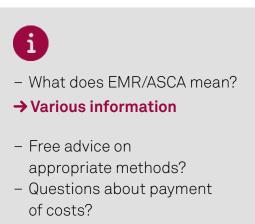
EMR method no. 145, 146, 340, 343, 360, 3401, 3431, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Homeopathy

EMR method no. 91, 320, 3201

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Hydrotherapy

EMR method no. 95, 220, 360, 360[°]

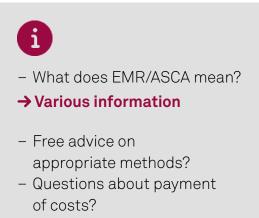
We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Hydrotherapy by a specialist for: → Medical massage (ASCA certification)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



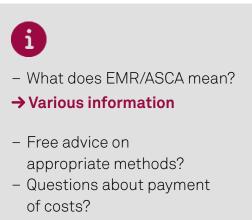
Kinesiology EMR method no. 100, 411, 4111

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Kneipp therapy

EMR method no. 104, 220, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Laser acupuncture

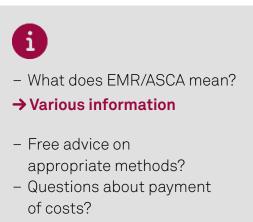
EMR method no. 5, 108, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Leech therapy

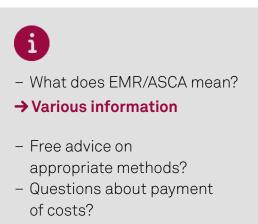
EMR method no. 44, 219, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Lymphatic drainage manual

EMR method no. 111/ASCA method no. 202

We recognise **EMR- or ASCA-certified specialists** for this method. Ask the specialist who is treating you about certification.

COMPLETA PLUS

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

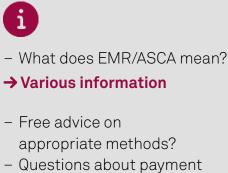
75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is EMR-/ASCA-certified for lymphatic drainage and medical massage: → Medical massage

Your specialist is EMR-certified for lymphatic drainage and TEN naturopathic practices: → TEN naturopathic practices

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- Questions about paymer of costs?
- → Contact

Massage practices

For massage practices (e.g. Classical Massage, foot reflexology massage, etc.), we recognise **EMR- and ASCA-certified specialists**. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for EMR method no. 221:		
SANA	75% of the invoice amount	
COMPLETA	75% of the invoice amount	
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 	
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount	

COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year	
COMPLETA EXTRA	75% of the invoice amount, up to a maximum of	
(No longer offered)	CHF 750 per calendar year	

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

What does EMR/ASCA mean?
Various information
Free advice on appropriate methods?
Questions about payment

- Questions about payment of costs?
- → Contact

Massage therapy

EMR method no. 33/ASCA method no. 133

We recognise **EMR- or ASCA-certified specialists** for this method. Ask the specialist who is treating you about certification.

CON	IDI	.ETA	DII	19
COL		-L 1A		55

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

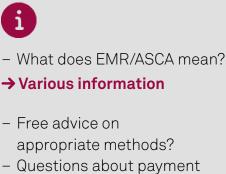
Massage therapy comprises the following methods: Classical Massage, foot reflexology massage and lymphatic drainage

Your specialist is EMR-/ASCA-certified for massage therapy and medical massage: → Medical massage

Your specialist is EMR-certified for massage therapy and TEN naturopathic practices: → TEN naturopathic practices

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- of costs?
- → Contact

Medical massage

For medical massage, the specialist who is treating you must have a higher level of training. A distinction is made between **EMR and ASCA certification** when it comes to the payment of costs. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for EMR method no. 118:

SANA	75% of the invoice amount	
COMPLETA	75% of the invoice amount	
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS. 	
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount	

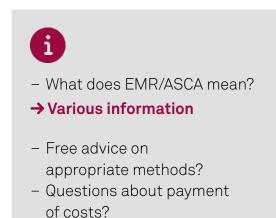
The specialist who is treating you is certified for ASCA method no. 232 a	nd 234:
---	---------

COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
COMPLETA EXTRA	75% of the invoice amount, up to a maximum of
(No longer offered)	CHF 750 per calendar year

Medical massage comprises the following methods: connective tissue massage, electrotherapy, foot reflexology massage, hydrotherapy, Classical Massage, lymphatic drainage, wraps/compresses

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Moxibustion (moxa)

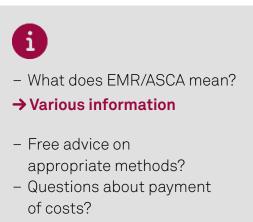
EMR method no. 5, 124, 340, 341, 342, 344, 3401, 3411. 3421, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Naturopathic practices

For naturopathic practices, the specialist who is treating you must have a higher level of training and **EMR certification.** ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Your specialist is EMR-certified for naturopathic practices with a specialism in:

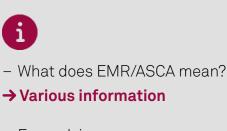
- Traditional European Naturopathy (TEN), EMR method no. 360, 3601
- Traditional Chinese Medicine TCM, EMR method no. 340, 341, 342, 344, 3401, 3411, 3421, 3441
- Traditional Chinese pharmacotherapy, EMR method no. 343, 3431
- Homoeopathy, EMR method no. 320, 3201

Your specialist is EMR-certified for naturopathic practices:

- Naturopathic practices, EMR method no. 131

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- Free advice on appropriate methods?
- Questions about payment of costs?
- → Contact

Neural therapy

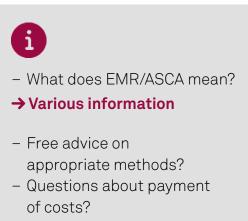
EMR method no. 134

We recognise **EMR-certified doctors** for this method. ASCA-certified doctors are not recognised. Ask the doctor who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Nutritional advice/dietetics

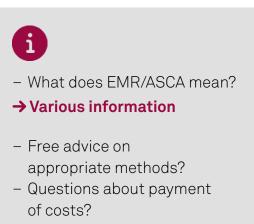
EMR method no. 69, 218, 320, 340, 341, 342, 343, 344, 360, 3201, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Nutritional advice/therapy Ayurveda

EMR method no. 22, 23, 24, 57, 300, 404, 3001, 4041/ASCA method no. 541, 545, 810, 912, 8100, 9120

We recognise only **EMR- or ASCA-certified specialists for this method**. Ask the specialist who is treating you about certification.

COMPLETA PLUS

COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

What does EMR/ASCA mean?
 Various information

- Free advice on appropriate methods?
- Questions about payment of costs?
- → Contact

i

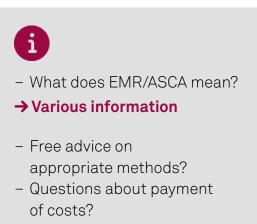
Osteopathy EMR method no. 141, 223, 2231, 2232

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



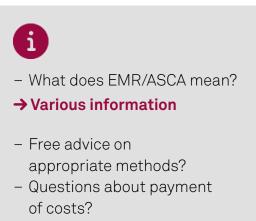
Polarity EMR method no. 149, 412, 4121

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Puppet-play therapy

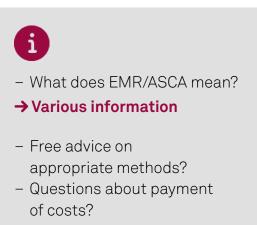
EMR method no. 158

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Reflexology therapy/massage

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 163, 240, 419, 360, 3601, 4191:**

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for ASCA method no. 664, 925, 9250:	
COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
COMPLETA EXTRA (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

 - What does EMR/ASCA mean?
 → Various information
 - Free advice on appropriate methods?

- Questions about payment of costs?
- → Contact

Regulative therapy

EMR method no. 320, 340, 341, 342, 343, 344, 360, 3201, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Regulative therapy by specialist in:

- → Ayurvedic medicine (EMR/ASCA certification)
- → Ayurveda therapy (EMR/ASCA certification)

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Respiratory therapy

EMR method no. 13, 403, 4031

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Respiratory therapy as part of health promotion: helsana.ch/recognised-courses-health-promotion [7]

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Rhythmic massage/therapy

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for EMR method no. 213, 422, 4221:	
SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for ASCA method no. 250, 928, 9280:	

COMPLETA PLUS	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
COMPLETA EXTRA (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

What does EMR/ASCA mean?
Various information
Free advice on appropriate methods?
Questions about payment of costs?

Rolfing/structural integration

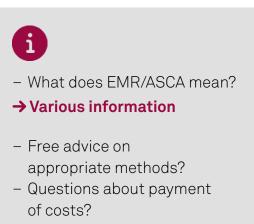
EMR method no. 166, 418, 4181

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Schüssler biochemistry

EMR method no. 39, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Shiatsu

EMR method no. 172, 415, 4151

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Spinal column therapy

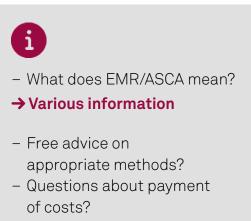
EMR method no. 206

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Traditional Chinese Medicine (TCM)

EMR method no. 185

For Traditional Chinese Medicine (TCM), the specialist who is treating you must have a higher level of training and **EMR certification.** ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA	100% of the invoice amount

Important to know

u lunger unereu,

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Trager approach

EMR method no. 192, 423, 4231

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" [2]) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Tui Na/An Mo

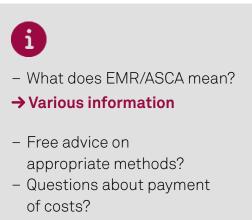
EMR method no. 9, 340, 342, 344, 3401, 3421, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

SANA	75% of the invoice amount
COMPLETA	75% of the invoice amount
COMPLETA and COMPLETA PLUS	 75% of the invoice amount is covered by COMPLETA. 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
COMPLETA and COMPLETA EXTRA (No longer offered)	100% of the invoice amount

Important to know

- Your specialist must be recognised by Helsana for the selected method (go to "Search for service provider" (2) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



Various information

What does EMR/ASCA mean?

You can find the selected methods that we recognise on the list of recognised treatment methods. Helsana recognises specialists on the basis of EMR or ASCA certification.

The EMR and the ASCA (Swiss Foundation for Complementary Medicine) are registration bodies in the field of quality assurance and certification for specialists in methods of complementary medicine. On certification, an EMR/ASCA method number is assigned; these are indicated on the respective details pages.

For us to be able to cover the costs of methods selected by us under SANA or COMPLETA supplementary insurance, specialists must be EMR-certified. In such cases, the benefit under COMPLETA will be supplemented by COMPLETA PLUS or COMPLETA EXTRA supplementary insurance.

For some selected methods reimbursed solely under COMPLETA EXTRA and COMPLETA PLUS supplementary insurance, we accept ASCA certification as well as EMR certification. You can see this on the various details pages.

Recognised remedies in complementary medicine

75% of the costs of complementary medical remedies recognised by Helsana are covered under SANA or COMPLETA supplementary insurance. You can find further information at: helsana.ch/recognised-remedies-complementary-medicine [2]

Inpatient complementary medical treatment

Helsana pays up to a maximum of CHF 5,000 per calendar year of the invoiced costs of medically prescribed inpatient treatments provided in medical or convalescent facilities recognised by Helsana under SANA or COM-PLETA supplementary insurance. This is only applicable if the complementary medicine method, the medical institution or convalescent facility and specialist are recognised by Helsana.

Outpatient treatment abroad

Therapist is registered with EMR or ASCA in Switzerland and recognised by us:

these specialists are equivalent to Swiss professionals. You will see the conditions for payment of costs on the respective details pages.

Therapist is not registered with EMR or ASCA and therefore not recognised by us:

- Under COMPLETA EXTRA supplementary insurance, we cover 75% of the invoiced costs of recognised treatment methods, up to a maximum of CHF 750 per calendar year. Please contact us for more information.
- We do not cover any costs under COMPLE-TA PLUS supplementary insurance.

Spa treatments abroad:

We do not cover the costs of health retreats (inpatient convalescent care and balneotherapy).

We are here to help you.

Helsana Supplementary Insurances Ltd

Questions about payment of costs:

Treatment in Switzerland 0844 80 81 82

Treatment abroad 058 340 13 55

Questions regarding appropriate methods:

free health consultation for supplementary insurance policyholders 058 340 15 69 Monday–Friday, 8.00 a.m.–8.00 p.m. helsana.ch/health-consultation [**7**]

helsana.ch/en/individuals/contact [2] helsana.ch/en/individuals/contact/locations [2]

Proud to be a top-rated provider.

