

Recognised therapeutic methods in complementary medicine

SANA/COMPLETEA supplementary insurance, as at 1 January 2021

Edition December 2022

COMPLETEA EXTRA supplementary insurance, as at 1 January 2022

Important: benefits under the SANA or COMPLETEA supplementary insurance are paid at a rate of 75%. The COMPLETEA EXTRA supplementary insurance covers the 25% of the costs that are not covered under COMPLETEA in full. The costs are assumed provided that the treatment is medically necessary and that the doctor or complementary medicine professional is recognised by Helsana.

A list of recognised specialists can be found on our homepage: helsana.ch/complementary-therapists

A

Acupressure
Acupuncture
Alexander technique
Anthroposophic medicine (medical practitioners only)
APM-therapy (Acupuncturemassage Therapy)²
Art therapy:
– Movement and dance therapy
– Drama and speech therapy
– Music therapy specialisation
– Multimedia therapy specialisation
Asian bodywork
Auriculotherapy
Autogenic training
Autohaemotherapy
(doctors or naturopaths with a Federal diploma in TEN)
– Haemolysed, potentised, activated autologous blood
– Step-by-step auto-sanguis therapy
– Major and minor autohaemotherapy
– Haematogenous oxidation therapy (HOT)
– Ultraviolet blood irradiation (UVB)
Ayurveda therapy¹
Ayurveda massage¹

B

Bach flower therapy
Baunscheidt method
Bioresonance therapy
Body wraps

C

Chromotherapy
Classical massage¹
Colonic irrigation
Colourpuncture
Connective tissue massage¹
Craniosacral therapy
Cupping

D

Detoxification
Dietetics
Dorntherapy

E

Electroacupuncture
Electrotherapy
Etiopathy
Eurythmy therapy

F

Fasciotherapy
Feldenkrais method
Foot reflexology massage¹

G

Gerda Alexander eutony

H

Homoeopathy (traditional)
Hydrotherapy

K

Kinesiology
Kneipp therapy

L

Laser acupuncture
Leech therapy
Lymph drainage (manual)¹

M

Massage practices (naturopath)²
Medau movement
Medical massage (medical masseur)²:
– Body wraps
– Classical massage
– Connective tissue massage
– Electrotherapy
– Foot reflexology massage
– Hydrotherapy
– Lymph drainage (manual)
Meridian therapy
Moxibustion (moxa)
Music therapy

N

Neural therapy (doctor or naturopath with special authorisation)
Nutritional advice/therapy Ayurveda¹
Nutrition advice/therapy (TEN/TCM)

O

Orderly Therapy
Osteopathy
Oxygen multi-step therapy

P

Phlebotomy
Phytotherapy (western/eastern)
Polarity therapy
Postural integration
Psychozone massage
Puppet-play therapy

R

Reflexology therapy/massage²
Respiratory therapy
Rhythmic massage (anthroposophic)²
Rolfing

S

Schüssler biochemistry
Shiatsu
Sophrology (biodynamic/Caycedo)
Spinal column therapy
Structural integration
Sumathu therapy
Sympathico therapy

T

Tibetan medicine
Tomatis method
Therapeutic Massage¹
– Classical massage
– Foot reflexology massage
– Lymph drainage (manual)
Traditional Chinese Medicine (TCM)
Traditional European Naturopathy (TEN)
Traditional massage
Trager approach
Tui-Na/An-Mo

V

Voll electroacupuncture

¹ For these (individual) methods, we pay 75% under COMPLETA EXTRA for therapists that are recognised by us and EMR and/or ASCA-registered, or a maximum of CHF 750 per calendar year.

² For these massage methods, we pay 75% of the costs under COMPLETA/SANA for therapists that are recognised by us and EMR-registered. The amount that is not insured under COMPLETA is paid under COMPLETA EXTRA. We pay 75% under COMPLETA EXTRA for therapists that are recognized by us and ASCA-registered, or a maximum of CHF 750 per calendar year.

For treatments abroad, 75% of the invoiced costs for recognised treatment methods shall be reimbursed under COMPLETA EXTRA up to maximum of CHF 750 per calendar year. This does not include convalescent treatments.