

Recognised therapeutic methods in complementary medicine

SANA/COMPLETEA supplementary insurance, as at 1 January 2020

Please note: Benefits from SANA or COMPLETEA supplementary insurance are paid at a rate of 75% provided the treatment is medically required and the doctor or specialist of complementary medicine* is recognised by us.

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

Would you like a complementary medicine consultation? You can reach our specialists free of charge from Monday to Friday on 0800 100 590. Find out more at: helsana.ch/alternative-medicine

Acupressure	Kinesiology
Acupuncture	Kneipp therapy
Acupuncturemassage Therapy (APM-Therapy)	
Alexander technique	Laser acupuncture
Anthroposophic medicine (medical practitioners only)	Leech therapy
Art therapy:	Lymph drainage (manual)
– Movement and dance therapy	
– Drama and speech therapy	Massage practices (naturopath)
– Music therapy specialisation	Medau movement
– Multimedia therapy specialisation	Medical massage (medical masseur)
Asian bodywork	Meridian therapy
Auriculotherapy	Moxibustion (moxa)
Autogenic training	Music therapy
Autohaemotherapy	
(doctors or naturopaths with a Federal diploma in TEN)	Neural therapy (doctor or naturopath with special authorisation)
– Haemolysed, potentised, activated autologous blood	Nutrition advice/therapy (TEN/TCM)
– Step-by-step auto-sanguis therapy	
– Major and minor autohaemotherapy	Orderly Therapy
– Haematogenous oxidation therapy (HOT)	Osteopathy
– Ultraviolet blood irradiation (UVB)	Oxygen multi-step therapy
Bach flower therapy	Phlebotomy
Baunscheidt method	Phytotherapy (western/eastern)
Bioresonance therapy	Polarity therapy
Body wraps	Postural integration
	Psychozone massage
Chromotherapy	Puppet-play therapy (up to age 12)
Colon massage	
Colonic irrigation	Reflexology therapy/massage
Colourpuncture	Respiratory therapy
Connective tissue massage	Rhythmic massage (anthroposophic)
Craniosacral therapy	Rolfing
Cupping	
	Schüssler biochemistry
Detoxification	Shiatsu
Dietetics	Sophrology (biodynamic/Caycedo)
Dorntherapy	Spinal column therapy
	Structural integration
Electroacupuncture	Sumathu therapy
Electrotherapy	Symphatico therapy
Etiopathy	
Eurythmy therapy	
	Tibetan medicine
Fasciatherapy	Tomatis method
Feldenkrais method	Traditional Chinese Medicine (TCM)
Foot reflexology massage	Traditional European Naturopathy (TEN)
	Traditional massage
Gerda Alexander eutony	Trager approach
	Tui-Na/An-Mo
Homoeopathy (traditional)	
Hydrotherapy	Voll electroacupuncture

* Varying standards exist for the listed methods. Specialist of complementary medicine:

- with a state-conferred degree (e.g. bachelor/master or federal diploma)
- with industry certification as a precursor for the Federal diploma
- with a private degree from a school