

Recognised therapeutic methods in complementary medicine

SANA/COMPLETA supplementary insurance, as at 1 January 2021

Please note: Benefits from SANA or COMPLETA 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

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

* 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