

# Health promotion

Courses / providers approved by Helsana

Edition 1<sup>st</sup> January 2019

## **SANA Supplementary Health Care Insurance for prevention and complementary medicine**

(according to the Additional Insurance Conditions AIC Art. 4)

## **COMPLETA Supplementary Health Care Insurance for generally benefits**

(according to the Additional Insurance Conditions AIC Art. 12)

For the following health promoting measures, 75% of the incurred costs per area up to a maximum of CHF 200 per calendar year are covered. The total entitlement for all four areas is up to CHF 500 per calendar year.

### **1 Area Fitness**

Fitness centre subscription

#### **Recognised fitness courses**

Aerobics	Fit-Gym	Piloxing
Antara®	Fitness training	Posture exercises
Aqua pilates	FitPlus®	Power training
Aqua spinning	Franklin-Methode®	Rock'n Roll
Aqua training	Funk/Hip-Hop	Running
Aqua Zumba®	Gym	Running course
Aquafit	GymFit exercise	Sball®
Aqua-Fit® by Ryffel Running	GymJazzFit	Seniorenexercise
BGB OsteoFit®	Hip Hop	SeniorenFit
Body building	Indoor rowing/Crew training	Spinning®
Body exercise for seniors	Jazz exercise	Stretching
Body toning	Jogging	Sypoba
BodyBalancePilates®	Karate	Tae Bo®
Cantienica	Les Mills aerobics	Trampoltraining/Rebounding
ChiBall	Les Mills gymnastics	TRX-Training
Circuit training	Lotte Berk method	Walking
Condition training with music	MelodyFit	WalkingCare®
Couples dancing	Move and Relax	Waterfitness Aquademie®
Cycling for elderly people	Neuromuscular integrative action	on shallow water
Dance aerobics	Nia	on deep water
Dance for seniors	Nordic walking	Yoga
Endurance training	Osteoporosis exercise	Zumba
Fat burn	Pilates	
fitdankbaby®)	Pilates Care	

Rhythmics course by Jacques Dalcrize (for policyholders over the age of 65)

### **2 Area back therapy training**

Alexander technique*	BeBo® health training	Respiratory exercises*
Autogenes training*	BGB SpineCare®	Respiratory exercises by Helmel®
Back exercises	Feldenkrais*	Vitaswiss Respiratory exercises
Back training	Pelvic floor exercises/training	

\* also complementary therapists approved by Helsana

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### 3 Courses offered by Helsana and its cooperation partners

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#### Health seminars and courses

Ai Chi	Nutrition and sport SVDE
Nutrition and bone health SVDE	Nutrition and stress SVDE
Nutrition and family SVDE	Nutrition and the respiratory system SVDE
Nutrition and health SVDE	Nutrition and work SVDE
Nutrition and pregnancy SVDE	Nutrition for prevention for diet-related illness SVDE
Nutrition and rheumatism SVDE	Offered by MOTIO AG

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ASRD = Association swiss of registered dieticians

#### Weight loss programmes

eBalance  
 Food and overweight SVDE  
 Mycoach nutrition programs  
 Nutrition advice SVDE  
 OVIVA  
 Weight Watchers SA courses

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#### Prevention of falls and balance training by Pro Senectute

Balancetraining  
 Fall prophylaxis  
 Safe and dymnamic walking  
 Safe walking  
 Tai Chi- and Balance

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#### MBSR eight-week course

MBSR = Mindfulness-Based Stress Reduction  
 Recognised MBSR instructors:  
[www.mbsr-verband.ch/kursangebote/lehrende/](http://www.mbsr-verband.ch/kursangebote/lehrende/)

### 4 Area pregnancy

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#### Birth preparation (e.g. BGB BirthCare®)

Antenatal exercise classes  
 Postnatal exercise classes

Also by recognized midwives\* or offers by clinics / hospitals

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Where services are provided in connection with pregnancy, 75% of the invoiced costs up to CHF 500 in a calendar year are covered.

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\* For the recognition of midwives, please contact Helsana.

### The following fitness centres, course providers and complementary therapists are recognised by Helsana

#### Recognised fitness centres

Deutsch: [helsana.ch/de/fitnesscenter](http://helsana.ch/de/fitnesscenter)  
 Englisch: [helsana.ch/en/fitness-centres](http://helsana.ch/en/fitness-centres)

#### Recognised course providers

Deutsch: [helsana.ch/de/kursleiter](http://helsana.ch/de/kursleiter)  
 Englisch: [helsana.ch/en/course-instructors](http://helsana.ch/en/course-instructors)

#### Complementary therapists

Deutsch: [helsana.ch/de/komplementaertherapeuten](http://helsana.ch/de/komplementaertherapeuten)  
 Englisch: [helsana.ch/en/complementary-therapists](http://helsana.ch/en/complementary-therapists)