

## Prevention

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### **SANA supplementary nursing care insurance for prevention and complementary medicine (pursuant to the Additional Insurance Conditions AIC Art. 3)**

#### **As of 1 January 2017**

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For the following preventive medical measures carried out or prescribed by a doctor, we will pay 75% of the costs.

The total amount for all benefits is max. CHF 500 per calendar year.

Entitlement to benefits is valid for:

Measures by recognised doctors with a practice licence:

(provided no benefits can be reimbursed under BASIS)

- Vaccinations / Travel advice
- Examinations for risk factors for heart or cardiovascular diseases
- Examinations for early detection of cancer (e.g. gynaecology, bowel, skin, lungs, etc.)
- Treatments with computer-assisted therapy devices (MedX or dynasome)

Measures and courses provided by generally recognised service providers:

Patient training:

- Asthma seminars
- CoaguCheck system (course for self-determination of clotting)
- Diabetes seminars
- Neurodermatitis - parent coaching

Other:

- Asthma and bronchitis swimming for children
- Bekhterev gymnastics and Bekhterev swimming
- Exercise and sport for cancer patients
- Heart/coronary support groups (primary and secondary prevention programme)
- Intensive scoliosis therapy
- Smoking cessation (Nicorette, Nicostop, Nicotinell, nicotine inhalator, courses, programmes, convalescent treatment, therapies, ear clips, electro meridian methods)
- Rheumatism swimming/gymnastics
- Intensive therapy courses for cystic fibrosis

Measures and courses by service providers recognised by Helsana Insurance Company Ltd via QualiCert/EMfit:

- Aquafit for rheumatism
- Osteogym, osteoporosis gymnastics
- Back support training or medical training therapy for chronic back pain as part of a one-off structured entry programme with educational benefit