

Recognised therapeutic methods in complementary medicine

SANA/COMPLETEA supplementary insurance, as at 1 January 2019

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