



2510\_Einzel\_Therapiemethoden\_Komplementärmedizin-EN

# Recognised therapeutic methods in complementary medicine

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “[Search for service provider](#)”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.

**This document does not constitute a cost approval and is subject to change.**

The General Insurance Conditions and Additional Insurance Conditions for SANA, COMPLETA, COMPLETA PLUS and COMPLETA EXTRA apply – we are happy to answer any questions or provide further clarification.

# List of recognised treatment methods

Any methods not on this list are not recognised.

Free health  
consultation service  
for supplementary  
insurance customers  
058 340 15 69

## A

- Acupressure
- Acupuncture
- Acupuncture massage/therapy
- Alexander Technique
- Anthroposophic medicine
- Auriculotherapy
- Autogenic training
- Autohaemotherapy
- Ayurvedic massage
- Ayurvedic medicine
- Ayurveda Naturopathy
- Ayurveda therapy

## B

- Bach flower therapy
- Baunscheidt method
- Bioresonance therapy
- Body wraps

## C

- Chromotherapy
- Classical Massage
- Colonic irrigation
- Colourpuncture
- Connective tissue massage
- Craniosacral therapy
- Cupping

## D

- Detoxification
- Dorn therapy

## E

- Electroacupuncture
- Electrotherapy
- Etiopathy
- Eurythmy therapy

## F

- Fasciatherapy
- Feldenkrais
- Foot reflexology massage

## G

- Gerda Alexander Eutony

## H

- Herbal medicine (western/eastern)
- Homeopathy
- Hydrotherapy

## K

- Kinesiology
- Kneipp therapy

# List of recognised treatment methods

Any methods not on this list are not recognised.

Free health  
consultation service  
for supplementary  
insurance customers  
058 340 15 69

## L

- Laser acupuncture
- Leech therapy
- Lymphatic drainage manual

## M

- Massage practices
- Massage therapy
- Medical massage
- Moxibustion (moxa)

## N

- Naturopathic practices
- Neural therapy
- Nutritional advice/dietetics
- Nutritional advice/therapy Ayurveda

## O

- Osteopathy

## P

- Polarity

## R

- Reflexology therapy/massage
- Regulative therapy
- Respiratory therapy
- Rhythmic massage/therapy
- Rolfing/structural integration

## S

- Schüssler biochemistry
- Shiatsu
- Spinal column therapy

## T

- Traditional Chinese Medicine (TCM)
- Trager approach
- Tui Na/An Mo



You can find information regarding **treatment abroad** and **complementary medicine remedies** in

→ **Various information**

→ **Contact**

# Acupressure

EMR method no. 3, 417, 4171

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Acupuncture

EMR method no. 5, 340, 341, 344, 3401, 3441, 3411

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Acupuncture massage/therapy

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 6, 401, 4011:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for **ASCA method no. 272, 921, 9210:**

<b>COMPLETA PLUS</b>	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
<b>COMPLETA EXTRA</b> (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
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### → Contact

[← Go to list of recognised treatment methods](#)

# Alexander Technique

EMR method no. 7, 400, 4001

We recognise only **EMR-certified specialists for this method**. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

**Alexander Technique as part of health promotion:**  
[helsana.ch/recognised-courses-health-promotion](https://helsana.ch/recognised-courses-health-promotion) 

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



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**→ Contact**

# Anthroposophic medicine

EMR method no. 10

We recognise only **EMR-certified doctors for this method**. ASCA-certified doctors are not recognised. Ask the doctor who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Auriculotherapy

EMR method no. 5, 135, 136, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
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### → Various information

- Free advice on appropriate methods?
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### → Contact

# Autogenic training

EMR method no. 20

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

**Autogenic training as part of health promotion:**  
[helsana.ch/recognised-courses-health-promotion](https://helsana.ch/recognised-courses-health-promotion) 

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
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– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Autohaemotherapy

EMR method no. 61, 87, 360, 3601

We recognise specialists with a higher level of training for autohaemotherapy. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

The specialist who is treating you is a **doctor** or **is EMR-certified for TEN naturopathic practices:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	<ul style="list-style-type: none"><li>– 75% of the invoice amount is covered by COMPLETA.</li><li>– 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.</li></ul>
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important:

Autohaemotherapy is to be carried out in line with the principles of complementary medicine:

- Haemolysed, potentised, activated autologous blood
- Step-by-step auto-sanguis therapy
- Major and minor autohaemotherapy
- Haematogenous oxidation therapy (HOT)
- Ultraviolet blood irradiation (UVB)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

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# Ayurvedic massage

EMR method no. 22, 27, 28, 57, 300, 404, 3001, 4041/ASCA method no. 545, 546, 810, 912, 8100, 9120

We recognise **EMR- or ASCA-certified specialists for this method.**

Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA

(No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

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# Ayurvedic medicine

EMR method no. 300, 3001/ASCA method no. 810, 8100

We recognise **EMR- or ASCA-certified specialists for this method.**

Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Ayurveda Naturopathy

EMR method no. 22/ASCA method no. 545

We recognise **EMR- or ASCA-certified specialists for this method.**  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Ayurveda therapy

EMR method no. 404, 4041/ASCA method no. 912, 9120

We recognise **EMR- or ASCA-certified specialists for this method.**  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Bach flower therapy

EMR method no. 29, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Baunscheidt method

EMR method no. 31

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Bioresonance therapy

EMR method no. 38, 56

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Body wraps

EMR method no. 204, 205, 220, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

Wraps/compresses by a specialist for:

→ **Medical massage (ASCA certification)**

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

→ **Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

→ **Contact**

# Chromotherapy

EMR method no. 76

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Classical Massage

EMR method no. 102/ASCA method no. 205

We recognise **EMR- or ASCA-certified specialists** for this method.  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is **EMR-/ASCA-certified for Classical Massage and medical massage:**

[→ Medical massage](#)

Your specialist is **EMR-certified for Classical Massage and TEN naturopathic practices:**

[→ TEN naturopathic practices](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

[← Go to list of recognised treatment methods](#)

# Colonic irrigation

EMR method no. 51, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Colourpuncture

EMR method no. 75

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

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# Connective tissue massage

EMR method no. 34/ASCA method no. 206

We recognise **EMR- or ASCA-certified specialists** for this method.  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is **EMR-/ASCA-certified for connective tissue massage and medical massage:**

[→ Medical massage](#)

Your specialist is **EMR-certified for connective tissue massage and TEN naturopathic practices:**

[→ TEN naturopathic practices](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Craniosacral therapy

EMR method no. 53, 407, 4071

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
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### → Various information

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### → Contact

# Cupping

EMR method no. 169, 170

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



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**→ Contact**

[← Go to list of recognised treatment methods](#)

# Detoxification

EMR method no. 219, 340, 341, 342, 343, 344, 360, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

Detoxification method includes the following method, among others: phlebotomy, leech therapy, baunscheidt method or cupping.

## Detoxification methods by specialists in:

→ [Ayurvedic medicine \(EMR/ASCA certification\)](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

→ **Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

→ **Contact**

# Dorn therapy

EMR method no. 43

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Electroacupuncture

EMR method no. 5, 64, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

[← Go to list of recognised treatment methods](#)

# Electrotherapy

EMR method no. 67

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

Electrotherapy by a specialist for:

[→ Medical massage \(ASCA certification\)](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Etiopathy

EMR method no. 141

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Eurythmy therapy

EMR method no. 89, 410, 4101

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Fasciatherapy

EMR method no. 77, 421, 4211

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

[← Go to list of recognised treatment methods](#)

# Feldenkrais

EMR method no. 78, 409, 4091

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Feldenkrais as part of health promotion:

[helsana.ch/recognised-courses-health-promotion](https://helsana.ch/recognised-courses-health-promotion) [↗](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Foot reflexology massage

EMR method no. 81/ASCA method no. 218

We recognise **EMR- or ASCA-certified specialists** for this method.  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is **EMR-/ASCA-certified for foot reflexology massage and medical massage:**

[→ Medical massage](#)

Your specialist is **EMR-certified for foot reflexology massage and TEN naturopathic practices:**

[→ TEN naturopathic practices](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

[← Go to list of recognised treatment methods](#)

# Gerda Alexander Eutony

EMR method no. 408, 4081

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

[← Go to list of recognised treatment methods](#)

# Herbal medicine (western/eastern)

EMR method no. 145, 146, 340, 343, 360, 3401, 3431, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Homeopathy

EMR method no. 91, 320, 3201

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Hydrotherapy

EMR method no. 95, 220, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

Hydrotherapy by a specialist for:

[→ Medical massage \(ASCA certification\)](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Kinesiology

EMR method no. 100, 411, 4111

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Kneipp therapy

EMR method no. 104, 220, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

[← Go to list of recognised treatment methods](#)

# Laser acupuncture

EMR method no. 5, 108, 340, 341, 344, 3401, 3411, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Leech therapy

EMR method no. 44, 219, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Lymphatic drainage manual

EMR method no. 111/ASCA method no. 202

We recognise **EMR- or ASCA-certified specialists** for this method.  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Your specialist is **EMR-/ASCA-certified for lymphatic drainage and medical massage:**

[→ Medical massage](#)

Your specialist is **EMR-certified for lymphatic drainage and TEN naturopathic practices:**

[→ TEN naturopathic practices](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Massage practices

For massage practices (e.g. Classical Massage, foot reflexology massage, etc.), we recognise **EMR- and ASCA-certified specialists**. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 221:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for **ASCA method no. 672:**

<b>COMPLETA PLUS</b>	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
<b>COMPLETA EXTRA</b> (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

→ **Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

→ **Contact**

[← Go to list of recognised treatment methods](#)

# Massage therapy

EMR method no. 33/ASCA method no. 133

We recognise **EMR- or ASCA-certified specialists** for this method.  
Ask the specialist who is treating you about certification.

## COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

## COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Massage therapy comprises the following methods:

Classical Massage, foot reflexology massage and lymphatic drainage

Your specialist is **EMR-/ASCA-certified for massage therapy and medical massage:**

[→ Medical massage](#)

Your specialist is **EMR-certified for massage therapy and TEN naturopathic practices:**

[→ TEN naturopathic practices](#)

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Medical massage

For medical massage, the specialist who is treating you must have a higher level of training. A distinction is made between **EMR and ASCA certification** when it comes to the payment of costs. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 118:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for **ASCA method no. 232 and 234:**

<b>COMPLETA PLUS</b>	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
<b>COMPLETA EXTRA</b> (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

Medical massage comprises the following methods: connective tissue massage, electrotherapy, foot reflexology massage, hydrotherapy, Classical Massage, lymphatic drainage, wraps/compresses

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

→ **Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

→ **Contact**

[← Go to list of recognised treatment methods](#)

# Moxibustion (moxa)

EMR method no. 5, 124, 340, 341, 342, 344, 3401, 3411, 3421, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Naturopathic practices

For naturopathic practices, the specialist who is treating you must have a higher level of training and **EMR certification**. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Your specialist is EMR-certified for naturopathic practices with a specialism in:

- Traditional European Naturopathy (TEN), EMR method no. 360, 3601
- Traditional Chinese Medicine TCM, EMR method no. 340, 341, 342, 344, 3401, 3411, 3421, 3441
- Traditional Chinese pharmacotherapy, EMR method no. 343, 3431
- Homoeopathy, EMR method no. 320, 3201

## Your specialist is EMR-certified for naturopathic practices:

- Naturopathic practices, EMR method no. 131

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



- What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Neural therapy

EMR method no. 134

We recognise **EMR-certified doctors** for this method. ASCA-certified doctors are not recognised. Ask the doctor who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Nutritional advice/dietetics

EMR method no. 69, 218, 320, 340, 341, 342, 343, 344, 360, 3201, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

[← Go to list of recognised treatment methods](#)

# Nutritional advice/therapy

## Ayurveda

EMR method no. 22, 23, 24, 57, 300, 404, 3001, 4041/ASCA method no. 541, 545, 810, 912, 8100, 9120

We recognise only **EMR- or ASCA-certified specialists for this method.**  
Ask the specialist who is treating you about certification.

### COMPLETA PLUS

75% of the invoice amount, up to a maximum of CHF 500 per calendar year

### COMPLETA EXTRA (No longer offered)

75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

[← Go to list of recognised treatment methods](#)

# Osteopathy

EMR method no. 141, 223, 2231, 2232

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

[→ Various information](#)

- Free advice on appropriate methods?
- Questions about payment of costs?

[→ Contact](#)

# Polarity

EMR method no. 149, 412, 4121

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Reflexology therapy/massage

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 163, 240, 419, 360, 3601, 4191:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	<ul style="list-style-type: none"><li>– 75% of the invoice amount is covered by COMPLETA.</li><li>– 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.</li></ul>
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for **ASCA method no. 664, 925, 9250:**

<b>COMPLETA PLUS</b>	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
<b>COMPLETA EXTRA</b> (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

[← Go to list of recognised treatment methods](#)

# Regulative therapy

EMR method no. 320, 340, 341, 342, 343, 344, 360, 3201, 3401, 3411, 3421, 3431, 3441, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Regulative therapy by specialist in:

→ **Ayurvedic medicine (EMR/ASCA certification)**

→ **Ayurveda therapy (EMR/ASCA certification)**

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** [↗](#)) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

→ **Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

→ **Contact**

[← Go to list of recognised treatment methods](#)

# Respiratory therapy

EMR method no. 13, 403, 4031

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

**Respiratory therapy as part of health promotion:**  
[helsana.ch/recognised-courses-health-promotion](https://helsana.ch/recognised-courses-health-promotion) 

## Important to know

- Your specialist must be recognised by Helsana for the selected method (**go to “Search for service provider”** ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Rhythmic massage/therapy

We recognise **EMR- and ASCA-certified specialists** for this method. The payment of costs differs accordingly. Ask the specialist who is treating you about certification.

The specialist who is treating you is certified for **EMR method no. 213, 422, 4221:**

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

The specialist who is treating you is certified for **ASCA method no. 250, 928, 9280:**

<b>COMPLETA PLUS</b>	75% of the invoice amount, up to a maximum of CHF 500 per calendar year
<b>COMPLETA EXTRA</b> (No longer offered)	75% of the invoice amount, up to a maximum of CHF 750 per calendar year

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Rolfing/structural integration

EMR method no. 166, 418, 4181

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Schüssler biochemistry

EMR method no. 39, 360, 3601

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Shiatsu

EMR method no. 172, 415, 4151

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Spinal column therapy

EMR method no. 206

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

### → Various information

- Free advice on appropriate methods?
- Questions about payment of costs?

### → Contact

# Traditional Chinese Medicine (TCM)

EMR method no. 185

For Traditional Chinese Medicine (TCM), the specialist who is treating you must have a higher level of training and **EMR certification**. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	<ul style="list-style-type: none"><li>– 75% of the invoice amount is covered by COMPLETA.</li><li>– 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.</li></ul>
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Trager approach

EMR method no. 192, 423, 4231

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

[← Go to list of recognised treatment methods](#)

# Tui Na/An Mo

EMR method no. 9, 340, 342, 344, 3401, 3421, 3441

We recognise only **EMR-certified specialists** for this method. ASCA-certified specialists are not recognised. Ask the specialist who is treating you about certification.

<b>SANA</b>	75% of the invoice amount
<b>COMPLETA</b>	75% of the invoice amount
<b>COMPLETA and COMPLETA PLUS</b>	– 75% of the invoice amount is covered by COMPLETA. – 15% of the invoice amount, up to CHF 500 per calendar year, is covered by COMPLETA PLUS.
<b>COMPLETA and COMPLETA EXTRA</b> (No longer offered)	100% of the invoice amount

## Important to know

- Your specialist must be recognised by Helsana for the selected method ([go to “Search for service provider”](#) ) and
- this method must be insured by your supplementary insurance and
- you must have an illness or symptoms that render treatment necessary (medical prescription not necessary).
- Preventive treatments are not covered.



– What does EMR/ASCA mean?

**→ Various information**

- Free advice on appropriate methods?
- Questions about payment of costs?

**→ Contact**

# Various information

## What does EMR/ASCA mean?

You can find the selected methods that we recognise on the list of recognised treatment methods. Helsana recognises specialists on the basis of EMR or ASCA certification.

The EMR and the ASCA (Swiss Foundation for Complementary Medicine) are registration bodies in the field of quality assurance and certification for specialists in methods of complementary medicine. On certification, an EMR/ASCA method number is assigned; these are indicated on the respective details pages.

For us to be able to cover the costs of methods selected by us under SANA or COMPLETA supplementary insurance, specialists must be EMR-certified. In such cases, the benefit under COMPLETA will be supplemented by COMPLETA PLUS or COMPLETA EXTRA supplementary insurance.

For some selected methods reimbursed solely under COMPLETA EXTRA and COMPLETA PLUS supplementary insurance, we accept ASCA certification as well as EMR certification. You can see this on the various details pages.

## Recognised remedies in complementary medicine

75% of the costs of complementary medical remedies recognised by Helsana are covered under SANA or COMPLETA supplementary insurance. You can find further information at:

[helsana.ch/recognised-remedies-complementary-medicine](https://helsana.ch/recognised-remedies-complementary-medicine) 

## Inpatient complementary medical treatment

Helsana pays up to a maximum of CHF 5,000 per calendar year of the invoiced costs of medically prescribed inpatient treatments provided in medical or convalescent facilities recognised by Helsana under SANA or COMPLETA supplementary insurance.

This is only applicable if the complementary medicine method, the medical institution or convalescent facility and specialist are recognised by Helsana.

## Outpatient treatment abroad

### Therapist is registered with EMR or ASCA in Switzerland and recognised by us:

these specialists are equivalent to Swiss professionals. You will see the conditions for payment of costs on the respective details pages.

### Therapist is not registered with EMR or ASCA and therefore not recognised by us:

- Under COMPLETA EXTRA supplementary insurance, we cover 75% of the invoiced costs of recognised treatment methods, up to a maximum of CHF 750 per calendar year. Please contact us for more information.
- We do not cover any costs under COMPLETA PLUS supplementary insurance.

### Spa treatments abroad:

We do not cover the costs of health retreats (inpatient convalescent care and balneotherapy).

[← Go to list of recognised treatment methods](#)

**We are here to help you.**

Helsana Supplementary Insurances Ltd

**Questions about payment of costs:**

Treatment in Switzerland

0844 80 81 82

Treatment abroad

058 340 13 55

**Questions regarding appropriate methods:**

free health consultation for supplementary  
insurance policyholders

058 340 15 69

Monday–Friday, 8.00 a.m.–8.00 p.m.

[helsana.ch/health-consultation](https://helsana.ch/health-consultation) 

[helsana.ch/en/individuals/contact](https://helsana.ch/en/individuals/contact) 

[helsana.ch/en/individuals/contact/locations](https://helsana.ch/en/individuals/contact/locations) 

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