

Recognised therapeutic methods in complementary medicine

SANA/COMPLETA supplementary insurance, as at 1 January 2021

Edition January 2023

COMPLETA EXTRA supplementary insurance, as at 1 January 2022

Important: benefits under the SANA or COMPLETA supplementary insurance are paid at a rate of 75%. The COMPLETA EXTRA supplementary insurance covers the 25% of the costs that are not covered under COMPLETA in full. The costs are assumed provided that the treatment is medically necessary and that the doctor or complementary medicine professional is recognised by Helsana.

A list of recognised specialists can be found on our homepage: helsana.ch/complementary-therapists

A

Acupressure
 Acupuncture
 Alexander technique
 Anthroposophic medicine (medical practitioners only)
 APM-therapy (Acupuncturemassage Therapy)²
 Art therapy:
 – Movement and dance therapy
 – Drama and speech therapy
 – Music therapy specialisation
 – Multimedia therapy specialisation
 Asian bodywork
 Auriculotherapy
 Autogenic training
 Autohaemotherapy
 (doctors or naturopaths with a Federal diploma in TEN)
 – Haemolysed, potentised, activated autologous blood
 – Step-by-step auto-sanguis therapy
 – Major and minor autohaemotherapy
 – Haematogenous oxidation therapy (HOT)
 – Ultraviolet blood irradiation (UVB)
 Ayurveda therapy¹
 Ayurveda massage¹

B

Bach flower therapy
 Baunscheidt method
 Bioresonance therapy
 Body wraps

C

Chromotherapy
 Classical massage¹
 Colonic irrigation
 Colourpuncture
 Connective tissue massage¹
 Craniosacral therapy
 Cupping

D

Detoxification
 Dietetics
 Dorntherapy

E

Electroacupuncture
 Electrotherapy
 Etiopathy
 Eurythmy therapy

F

Fasciatherapy
 Feldenkrais method
 Foot reflexology massage¹

G

Gerda Alexander eutony

H

Homoeopathy (traditional)
 Hydrotherapy

K

Kinesiology
 Kneipp therapy

L

Laser acupuncture
 Leech therapy
 Lymph drainage (manual)¹

M

Massage practices (naturopath)²
 Massage Therapy¹
 – Classical massage
 – Foot reflexology massage
 – Lymph drainage (manual)
 Medau movement
 Medical massage (medical masseur)²:
 – Body wraps
 – Classical massage
 – Connective tissue massage
 – Electrotherapy
 – Foot reflexology massage
 – Hydrotherapy
 – Lymph drainage (manual)
 Meridian therapy
 Moxibustion (moxa)
 Music therapy

N

Neural therapy (doctor or naturopath with special authorisation)
 Nutritional advice/therapy Ayurveda¹
 Nutrition advice/therapy (TEN/TCM)

O

Orderly Therapy
 Osteopathy
 Oxygen multi-step therapy

P

Phlebotomy
 Phytotherapy (western/eastern)
 Polarity therapy
 Postural integration
 Psychozone massage
 Puppet-play therapy

R

Reflexology therapy/massage²
 Respiratory therapy
 Rhythmic massage (anthroposophic)²
 Rolfing

S

Schüssler biochemistry
 Shiatsu
 Sophrology (biodynamic/Caycedo)
 Spinal column therapy
 Structural integration
 Sumathu therapy
 Sympathico therapy

T

Tibetan medicine
 Tomatis method
 Therapeutic Massage¹
 – Classical massage
 – Foot reflexology massage
 – Lymph drainage (manual)
 Traditional Chinese Medicine (TCM)
 Traditional European Naturopathy (TEN)
 Traditional massage
 Trager approach
 Tui-Na/An-Mo

V

Voll electroacupuncture

¹ For these (individual) methods, we pay 75% under COMPLETEA EXTRA for therapists that are recognised by us and EMR and/or ASCA-registered, or a maximum of CHF 750 per calendar year.

² For these methods, we pay 75% of the costs under COMPLETEA/SANA for therapists that are recognised by us and EMR-registered. The amount that is not insured under COMPLETEA is paid under COMPLETEA EXTRA. We pay 75% under COMPLETEA EXTRA for therapists that are recognized by us and ASCA-registered, or a maximum of CHF 750 per calendar year.

For treatments abroad, 75% of the invoiced costs for recognised treatment methods shall be reimbursed under COMPLETEA EXTRA up to maximum of CHF 750 per calendar year. This does not include convalescent treatments.