

Edition 1 January 2023

Health promotion

Courses/approved providers

SANA / COMPLETA Supplementary Health Insurance Status 1 January 2021

COMPLETA EXTRA Supplementary Health Insurance Status 1 January 2022

For the following health promotion measures, 75% of costs incurred are covered for each area, up to a maximum of CHF 200 per calendar year. In addition to the benefits under COMPLETA, we cover the full invoice amount under COMPLETA EXTRA, but only up to a maximum of CHF 800 per calendar year for all areas combined.

Area Fitness

Gym membership

Recognised fitness courses

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| – Aerobics | – FitPlus® | – Pilates |
| – Antara® | – Franklin-Methode® | – Piloxing |
| – Aquafit | – Gym | – Power training |
| – BGB OsteoFit® | – Hip Hop | – Rhythmics course by Jacques Dalcrize (for policyholders over the age of 65) |
| – Body building | – Indoor rowing/Crew training | – Running |
| – Body toning | – Jazz exercise | – Seniorenextercise/ Dance |
| – Cantienica | – Jogging | – Spinning® |
| – ChiBall | – Karate | – Stretching |
| – Circuit training | – Lotte Berk method | – Sypoba |
| – Condition training with music | – Move and Relax | – Tae Bo® |
| – Couples dancing | – Neuromuscul. Integrat. action Nia | – Trampoltraining/Rebounding |
| – Endurance training | – Nordic walking | – TRX-Training |
| – Fat Burn | – Osteoporosis exercise | – Yoga |
| – fitdankbaby® | – Personal Training | – Zumba |
| – Fitness training | | |
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Area back therapy training

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| – Alexander technique* | – Back training | – Pelvic floor exercises |
| – Autogenes training* | – Feldenkrais* | – Respiratory exercises* |
| – Back exercises | | |

* also, complementary therapists approved by Helsana

Nutrition, relaxation, movement, and courses offered by Helsana and its cooperation partners

Health seminars and courses	<ul style="list-style-type: none"> – All Nutrition courses by swiss association of registered dieticians SVDE – Offered by MOTIO AG
Weight loss programmes	<ul style="list-style-type: none"> – Betty Bossi – eBalance – OVIVA without medical prescription “Selfpay Patient” – WW Weight Watchers SA courses
Prevention of falls and balance training	<ul style="list-style-type: none"> – Courses by Pro Senectute – Qi Gong – Tai Chi – Safe through everyday life (Rheumaliga Schweiz) Personal fall prophylaxis at home for persons over 65 years of age
Relaxation by stress	<ul style="list-style-type: none"> – MBSR = Mindfulness-Based Stress Reduction Recognised MBSR instructors: mindfulness.swiss – Mindfulness Training – Stress management
First-aid courses Federation of Swiss Samaritans (only under COMPLETA/COMPLETA EXTRA)	<ul style="list-style-type: none"> – BLS-AED courses (4hr course with the use of a defibrillator) – First Aid courses (levels 1, 2 and 3) (First Aid courses for drivers licenses do not get reimbursed) – Emergencies with toddlers and preschooler’s
First-aid courses for mental health of Swiss Red Cross (only under COMPLETA/COMPLETA EXTRA)	<ul style="list-style-type: none"> – Standard course for adults who want to support relatives with mental health problems (12 hours without break). <p style="margin-left: 20px;">Offer available in the cantonal associations of Swiss Red Cross in AG, BE, GR, LU, NW, OW, SG TG and ZG</p>

Area pregnancy

Where services are provided in connection with pregnancy, 75 % of the invoiced costs up to CHF 500 in a calendar year are covered	<ul style="list-style-type: none"> – Birth preparation – Antenatal exercise classes – Postnatal exercise classes
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Also, by recognised midwives* or offers by clinics / hospitals

* For the recognition of midwives, please contact Helsana.

The following gyms, course providers and complementary therapists are recognised by Helsana

Recognised gyms*:	helsana.ch/en/fitness-centres*
Recognised course providers:	helsana.ch/en/course-instructors
Complementary therapists:	helsana.ch/en/complementary-therapists

* A maximum of CHF 200 per calendar year shall be payable from COMPLETA EXTRA for gyms in other countries that are not included in the list.

Sport promotion

A maximum of CHF 200 per calendar year shall be payable from COMPLETA EXTRA to:

Infant swimming	– aQuality.ch, Education Aquatique 1, Firstflow
Mountaineering	– Swiss Alpine Club (SAC) membership
Golf	– Migros GolfCard
Climbing	– Cost of subscription for IG climbing facilities, QualiCert
Cross-country skiing	– Swiss cross-country skiing trails pass
Swimming	– aQuality.ch, EMFit, Swiss Aquatics
Dancing	– Dance courses at a Swiss Dance Association (TVS) dance school
Tennis	– Active membership at swisstennis clubs
Gymnastics	– Active membership at a Swiss Gymnastics Association (STV) gymnastics club – Please send us your invoice with a copy or print screen of your STV/FSG-Member card.
