

A photograph of two men in a gym. The man in the foreground is wearing a dark green long-sleeved shirt and is smiling while looking towards the right. The man in the background is wearing a blue long-sleeved shirt and is also smiling, looking towards the camera. They appear to be standing near a piece of gym equipment, possibly a treadmill. The background shows a large window with a grid pattern, letting in bright light.

DOING GOOD FOR YOUR HEALTH

# HEALTH PROMOTION AND PREVENTIVE HEALTHCARE.

BECAUSE HEALTH  
IS EVERYTHING

**SWICA**

# THIS IS HOW SWICA SUPPORTS HEALTH-PROMOTING AND PREVENTIVE MEASURES.

With SWICA, everything centres around health. That's why SWICA supports your commitment to a healthy lifestyle and makes generous contributions towards activities relating to physical exercise, nutrition and wellbeing, as well as to preventive measures.

## HOW DOES SWICA CONTRIBUTE?

With SWICA you benefit from attractive contributions of up to 800 francs per year towards health promotion and preventive healthcare:

- › Under the COMPLETA PRAEVENTA supplementary insurance plan, SWICA covers 50% of the cost up to 500 francs per calendar year (up to 300 francs per activity type). The activity types are: exercise, nutrition, wellbeing, and preventive healthcare courses.
- › OPTIMA supplementary insurance additionally covers 90% of the cost exceeding this amount, up to a maximum of 300 francs per calendar year.

## WHAT YOU HAVE TO DO

To qualify for these contributions, simply send us the relevant documentation for each activity (e.g. course confirmations, invoices and receipts, etc.). SWICA contributes towards the cost of the following health-related services as long as they are carried out by SWICA-recognised partners and providers. Find your recognised SWICA partner at: [swica.ch/healthpromotion](https://swica.ch/healthpromotion)

## ARE ONLINE OFFERS ALSO SUPPORTED?

Yes! SWICA also contributes towards the cost of interactive livestreaming courses run by SWICA-recognised fitness centres, instructors and dance schools in Switzerland. Dance instructors and their students communicate by video or audio to ensure that the quality of the lessons is similar to that in a dance studio. Recorded/downloaded video lessons and online courses where there is no interaction are not therefore supported.



## BENEVITA – DIGITAL HEALTH COACH WITH BONUS PROGRAMME

BENEVITA is your digital health coach, helping you to make your everyday life healthier by completing challenges. You could take a quiz, for example, cook a healthy meal, exercise outdoors in the fresh air or meditate. You win twice over: Through these activities you support your healthy lifestyle and enjoy attractive offers and premium discounts with the awards you collect. Get active – you won't regret it: [swica.ch/benevita](https://swica.ch/benevita)

## WELLBEING



SWICA supports your personal commitment by contributing to the cost of health promotion courses and memberships for thermal baths and swimming pools:

- › Full-year and half-year memberships for swimming pools, thermal baths and saunas
- › Courses and offers to promote relaxation and boost wellbeing
  - Acupressure
  - Acupuncture massage
  - Alexander technique
  - An Mo/Tui Na
  - Aroma therapy
  - Audio-psycho-phonology/tomatis
  - Autogenic training
  - Ayurvedic massage
  - Baby massage course
  - Bach flowers for home use (course)
  - Brain gym
  - Breathing exercises
  - Chromotherapy
  - Classic massage
  - Connective tissue and fascia massage
  - Course in first aid with homeopathy
  - Course on using Schüssler salts at home
  - Craniosacral therapy
  - Dorn/Breuss therapy
  - Foot reflexology
  - Kneipp applications
  - Magnetic field therapy
  - Manual lymph drainage
  - Medicinal plants for home use (course)
  - Music therapy
  - Pilates
  - Polarity
  - Progressive muscle relaxation by Jacobson (course)
  - Qigong
  - Reflexology
  - Reiki
  - Shiatsu
  - Structural integration/rolfing
  - Tai chi
  - Touch for health
  - Wraps and compresses (course)
  - Yoga

## EXERCISE



SWICA supports effective exercise and strengthening programmes delivered by SWICA-recognised providers:

- › Full-year or half-year memberships with regular fitness training
- › Flat-rate contributions to membership fees for sports associations
- › Exercise programmes
  - Aerobics
  - Aqua-fit/aqua-training
  - Baby swimming
  - Back exercises/back strengthening
  - Fitness/swimming courses
  - Functional training
  - Nordic walking/power walking
  - Pelvic floor exercises
  - Personal training
  - Postnatal exercises
  - Pregnancy exercises

## NUTRITION



SWICA supports a range of activities for informed and healthy nutrition delivered by SWICA-recognised providers:

- › Nutritional analysis and counselling
- › Participation in Weight Watchers courses lasting at least three months
- › Obesity camp for children
- › Ayurvedic, TCM and TEN nutritional counselling

### WE'RE THERE FOR YOU.

If you have any health-related questions, the santé24 telemedicine service is available 24 hours a day on +41 44 404 86 86.

Everything you need to know about health promotion and preventive healthcare is also available online:

[swica.ch/healthpromotion](https://www.swica.ch/healthpromotion)

**// I'VE BEEN INSURED WITH SWICA FOR AS LONG AS I CAN REMEMBER. FORTUNATELY I'VE ALWAYS ENJOYED GOOD HEALTH, AND I INTEND TO ENSURE THAT IT STAYS THAT WAY. THANKS TO THE COMPLETA PRAEVENTA CONTRIBUTION TOWARDS MY GYM MEMBERSHIP AND MY ANNUAL MEMBERSHIP AT THE POOL, I AM MORE MOTIVATED TO DO SOMETHING TO STAY IN GOOD PHYSICAL HEALTH."**

**URSINA ZULIAN**  
SATISFIED SWICA CUSTOMER

## PREVENTIVE HEALTHCARE COURSES

Prevention includes measures designed specifically against the negative effects of certain health disorders and illnesses. SWICA contributes towards the cost of the following preventive measures as long as they are carried out by a SWICA-recognised partner and provider:

- › Antenatal preparation
- › Asthma consultation
- › Back and spine school/postural exercises
- › Bechterew gymnastics
- › Breastfeeding advice
- › Cancer sports groups
- › Coping with chronic pain
- › Eye exercises/visual training
- › Fall prevention courses
- › Heart groups
- › Memory training for dementia
- › Mindfulness training (MBSR/TLEX)
- › Osteoporosis gymnastics
- › Pelvic floor exercises
- › Prediabetes programmes
- › Respiratory therapy for respiratory diseases
- › Spiral dynamics
- › Swimming for sufferers of rheumatism
- › Withdrawal from addictive substances

## INOCULATIONS AND TRAVEL VACCINATIONS

SWICA contributes towards the cost of medically recommended inoculations and travel vaccinations which are not covered under mandatory insurance: Under a COMPLETA PRAEVENTA plan, SWICA covers 90% of the cost, at maximum 200 francs per calendar year. Under an OPTIMA plan, it covers 90% of the costs exceeding this amount per year.

## MEDICAL CHECK-UPS

SWICA contributes towards the cost of some medical and gynaecological check-ups which help identify illness at an early stage and which do not constitute statutory benefits. Under a COMPLETA PRAEVENTA plan, SWICA covers 90% of the costs, up to 500 francs within three calendar years. Under an OPTIMA plan, it covers 90% of the costs exceeding this amount per year.