



DOING GOOD FOR YOUR HEALTH

HEALTH PROMOTION AND PREVENTIVE HEALTHCARE.

Because health is everything

SWICA

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 1300 francs per year towards health promotion and preventive healthcare:

- › Customers with COMPLETA FORTE are reimbursed for 90% 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.
- › 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). Benefits can also be received in neighbouring countries provided the course leaders are trained to an equivalent standard in accordance with SWICA's quality standards.
- › OPTIMA supplementary insurance additionally covers 90% of the cost exceeding this amount, up to a maximum of 300 francs per calendar year. Benefits can also be received in other countries provided the course leaders are trained to an equivalent standard in accordance with SWICA's quality standards.

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 or downloaded video lessons and online courses where there is no interaction are therefore not supported.

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



BENEVITA – DIGITAL HEALTH COACH WITH BONUS PROGRAMME

Physical fitness, a balanced diet and regular relaxation are important parts of a healthy lifestyle. BENEVITA is your health coach with a bonus programme that supports your personal commitment to these areas of health.

Get active – BENEVITA is worth it: swica.ch/benevita

WELLBEING



SWICA supports your regular 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
 - Aromatherapy
 - 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 according to 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 of selected 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
- › Obesity camp for children
- › Ayurvedic, TCM and TEN nutritional counselling

THERE FOR YOU.

If you have any health-related questions, the santé24 telemedicine centre 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 that help identify illness at an early stage and that do not constitute statutory benefits (see separate list). 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.