

A photograph of two men in a gym. The man on the left is wearing a dark green t-shirt and is smiling, looking towards the right. The man on the right is wearing a blue t-shirt and is also smiling, looking towards the camera. They appear to be in a gym with large windows in the background. The text is overlaid on the image.

PROMOTING YOUR HEALTH

LIST OF HEALTH PROMOTION AND PREVENTION MEASURES.

Version 2021

BECAUSE HEALTH
IS EVERYTHING

SWICA

This is how SWICA supports health-promoting and preventive measures.

SWICA actively supports those who are committed to learning about and maintaining their health. For this reason, it makes valuable contributions towards measures that preserve and promote your health.

Our benefits

Fitness, relaxation techniques, a healthy diet and other health-promoting activities are currently the focus of much attention. SWICA supports you with generous contributions towards preventive healthcare that is not covered under other benefits prescribed by law. Unless different terms are laid out below, you will receive 50 %, up to 500 francs per year (up to 300 francs per preventive activity), from your COMPLETA PRAEVENTA plan and an additional 90 %, up to 300 francs per year, from your OPTIMA plan. 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. You will find the comprehensive list of SWICA-recognised partners and providers at: [swica.ch/healthpromotion](https://www.swica.ch/healthpromotion)

Exercising and building strength

Exercising and targeted strengthening play an important role in your personal health and in preventing non-communicable diseases (e.g. obesity, cardiovascular disease, back pain and high blood pressure). SWICA supports the following exercise and strengthening programmes:

- Full-year or half-year memberships with regular training at a SWICA-recognised fitness centre
- The following exercise programmes with a SWICA-recognised partner or provider:
 - Aerobics
 - Aqua-fit / aqua-training
 - Baby swimming
 - Back exercises / back strengthening
 - Curative eurythmy
 - Feldenkrais method
 - Fitness / swimming classes
 - Functional training
 - Nordic walking / walking
 - Personal training

- Sport is also a key component of any comprehensive exercise programme. That's why SWICA makes flat-rate contributions towards the cost of joining some sports associations by special agreement.

Nutrition

Nutrition plays an important role in your health and well-being. Thorough knowledge is essential in developing good nutritional habits for maintaining your health. For this reason, SWICA supports numerous programmes for a conscious and healthy approach to nutrition:

- Nutritional analysis and advice from SWICA-recognised providers
- Participation in a Weight Watchers course (min. three months)
- Obesity camp for children up to the age of 18
- Ayurvedic, TCM and TEN nutritional counselling from a SWICA-recognised provider

Maternity

SWICA supports a range of offerings in the field of birth preparation, care and follow-up support which are delivered by SWICA-recognised providers:

- Advice on breastfeeding
- Antenatal preparation
- Pelvic floor exercises
- Postnatal exercises
- Pregnancy exercises
- 200-franc breastfeeding voucher

Medical and gynaecological checkups

SWICA contributes towards the cost of some checkups 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 cost, at maximum 500 francs within three calendar years. Under an OPTIMA plan, it covers 90 % of the cost.



Relaxation and increased wellbeing

The pressures and strains of everyday life can take a toll on us. That's why it's important to lead a balanced life and boost your sense of wellbeing and ability to manage your health. SWICA supports your steady commitment in this area with generous contributions from its COMPLETA PRAEVENTA and OPTIMA supplementary insurance plans:

- Full-year and half-year memberships with indoor pools, thermal baths and saunas
- Offers for relaxation and increased 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

Prevention

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:

- Asthma consultation
- Back and spine school/ postural exercises
- Bechterew gymnastics
- 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

Online courses and coaching

SWICA also supports online offers for preventive healthcare and health promotion – including interactive live-streamed courses and live video coaching – run by SWICA-recognised fitness centres, instructors and dance schools in Switzerland. Video or audio communication between dance teachers and participants must be ensured during lessons. This means that teaching quality will be similar to that provided in a studio. Recorded/downloaded video lessons and online courses where interaction is not possible are not therefore supported.

Medically recommended travel protection and vaccinations

SWICA contributes as follows towards travel protection and vaccinations that 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 cost.

Health questions

The santé24 telemedicine service is available worldwide, 24/7, every day of the year, on +41 44 404 86 86.

General provisions

Benefit payments are subject to the General Insurance Conditions (GIC) and Supplementary Insurance Conditions (SIC) with the date of issue shown on your insurance policy.