



2019

## List of activities SWICA supports for health promotion and preventive healthcare

SWICA is much less interested in illness than in its customers' wellbeing, which is why it makes attractive contributions towards health promotion and preventive healthcare.

# Promoting your health.



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).

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 can find the full list of SWICA-recognised partners and providers online at [www.swica.ch/healthpromotion](http://www.swica.ch/healthpromotion). SWICA Client Services offers comprehensive assistance at any time (24/7). You will find the phone number on your insurance card or policy.

## 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 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 wellbeing. 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 nutritionists
- 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 a SWICA-recognised partner and provider:

- Advice on breastfeeding
- Pelvic floor exercises
- Pregnancy exercises
- Antenatal preparation
- Postnatal exercises



## 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
- Activities promoting relaxation and wellbeing with a SWICA-recognised partner and provider:
  - Acupressure
  - Acupuncture massage
  - Alexander technique
  - An Mo / Tui Na
  - Aroma therapy
  - Autogenic training
  - Ayurvedic massage
  - Baby massage course
  - Bach flower course
  - Bandages and compresses
  - 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
  - Course on wraps and compresses
  - Craniosacral therapy
  - Dorn / Breuss therapy
  - First aid with homeopathy
  - Foot reflexology
  - Healing plants for self-application
  - Jacobson's progressive muscle relaxation
  - Kneipp therapy
  - Magnetic field therapy
  - Manual lymph drainage
  - Mindfulness-based stress reduction (MBSR)
  - Music therapy
  - Pilates
  - Polarity groups
  - Qigong
  - Reflexology
  - Reiki
  - Roling / structural integration
  - Shiatsu
  - Tai chi
  - Tomatis method
  - Touch for health
  - 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
- Osteoporosis gymnastics
- Pelvic floor exercises
- Prediabetes programmes
- Respiratory therapy for respiratory diseases
- Spiral dynamics
- Swimming for sufferers of rheumatism
- Withdrawal from addictive substances

## Medical and gynaecological checkups

SWICA contributes as follows towards the cost of some checkups that can help identify illness at an early stage and are not covered under mandatory insurance: 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.

## 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 sante24 health advice helpline is there to help you – 24 hours a day, 365 days a year, worldwide – on +41 44 404 86 86. On request, an appointment can be arranged for you at a health centre or with a doctor from the SWICA partner network. Please ensure that you have your SWICA Service Card with you at all times.

## 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.

## Your mobile companions: the SWICA apps



With the SWICA apps you can access a range of SWICA services, simply and securely, regardless of where you happen to be.



### Submit invoices conveniently

You can use your smartphone or tablet to send claims-related documents to SWICA easily and conveniently. This means that you always know which invoices you have submitted and can easily track the status of your claims.

**Find out more at: [swica.ch/benefits](https://swica.ch/benefits)**



### BENEVITA – keep active, collect points and benefit

Whether it's exercise, nutrition or wellbeing: BENEVITA supports you by delivering interesting content and tips on the subject of health. Adopting an active lifestyle not only helps you to keep healthy but will also enable you to collect bonus points and reduce your premiums.

**Find out more at: [swica.ch/benevita](https://swica.ch/benevita)**



### BENECURA – your health in your hands

The BENECURA app is an invaluable resource if you have questions about your health or if you become ill. The SymptomCheck function, which has been developed by doctors, will support you – simply, digitally and reliably. The result of this process is a personal recommendation about what to do next (e.g. make a doctor's appointment, treat yourself). And you can always rely on the sante24 helpline for medical advice. BENECURA also has a medical and medication lexicon, a valuable reference work to help you to help yourself.

**Find out more at: [swica.ch/benecura](https://swica.ch/benecura)**

## SWICA Healthcare Organisation

Because health is everything

Phone 0800 80 90 80 (24 hours a day), [swica.ch](https://swica.ch)

