



COMPLEMENTARY MEDICINE

# COMPLEMENTARY THERAPY METHODS.

Because health is everything

**SWICA**

# OVERVIEW OF COMPLEMENTARY MEDICAL THERAPY METHODS.

SWICA believes in combining conventional medicine and complementary medicine. Anything that benefits your health is a good thing. That's why SWICA supports complementary therapy methods and puts them on an equal footing with conventional medicine.

## BENEFITS

- › SWICA covers the costs of the complementary methods listed below, provided that a SWICA-recognised doctor or therapist administers them for the purpose of treating an illness or the consequences of an accident.
- › SWICA reimburses the services of recognised doctors and therapists up to a maximum of 80 francs per hour under its COMPLETEA TOP plan or 120 francs per hour under COMPLETEA FORTE.
- › The OPTIMA plan covers any costs that exceed this amount. Benefits can also be received in other countries provided the therapists are trained to an equivalent standard in accordance with SWICA's quality standards.
- › The INFORTUNA (worldwide insurance for private patients) plan covers insured costs arising from accidents or the consequences thereof that are excluded from mandatory health (basic insurance), accident (UVG), military or disability insurance. Benefits can also be received in other countries provided the therapists are trained to an equivalent standard in accordance with SWICA's quality standards.

## CO-PAYMENTS

Under the General Insurance Conditions (GIC) and the Supplementary Conditions (SC) for COMPLETEA TOP and COMPLETEA FORTE, SWICA applies a 10% deductible to all insured persons (up to a maximum of 700 francs for adults, 350 francs for children) for therapies administered under a complementary plan. Adults can also choose between no excess or an excess of 600 francs. Children below the age of 18 are exempt from any excess. Under an OPTIMA plan, all insured persons must pay the annual excess for mandatory (basic) healthcare insurance plus a 10% deductible (up to a maximum of 700 francs for adults and 350 francs for children).

## EXCLUSIVE SWICA ADVANTAGE: TRANSPARENT AND FAVOURABLE CO-PAYMENTS

SWICA is the only health insurer that applies co-payments from basic insurance to those of its supplementary insurance, which means the annual co-payments will be much lower when compared to other health insurers.

## SWICA THERAPIST DIRECTORY

SWICA keeps a directory of recognised therapists. This directory is continuously updated. Customers can view it or request extracts from it. You can find all SWICA-recognised therapists online at: [swica.ch/therapy](https://www.swica.ch/therapy).

# SWICA-RECOGNISED THERAPY METHODS.

## A

- › Acupressure therapy
- › Acupuncture massage therapy
- › Acupuncture<sup>1,2</sup>
- › Alexander technique
- › Anthroposophic medicine/therapies<sup>1,6</sup>
- › Anthroposophic music therapy
- › Anthroposophic painting therapy
- › Aquatic body work
- › Aromatherapy<sup>7</sup>
- › Arts and crafts therapy
- › Audio-psycho-phonology/tomatis<sup>7</sup>
- › Autogenic training<sup>7</sup>
- › Ayurveda massage<sup>4</sup>
- › Ayurvedic herbal therapy<sup>4</sup>
- › Ayurvedic medicine/therapies<sup>4</sup>

## B

- › Bach flower therapy<sup>3</sup>
- › Baunscheidt therapy<sup>3</sup>
- › Biodynamics
- › Biofeedback
- › Bioresonance therapy<sup>7</sup>
- › Bloodletting<sup>3</sup>
- › Boeger therapy<sup>3,5</sup>
- › Bowtech

## C

- › Colon hydrotherapy<sup>7</sup>
- › Colon massage<sup>3,5</sup>
- › Colour puncture<sup>7</sup>
- › Colour therapy<sup>7</sup>
- › Connective tissue massage<sup>3,5</sup>
- › Craniosacral therapy
- › Cupping<sup>2,3</sup>
- › Curative eurythmy

## D

- › Dance and movement therapy according to Hauschild-Sutter
- › Dance therapy
- › Dorn therapy<sup>3,5</sup>
- › Drama therapy

## E

- › Ear acupuncture<sup>2</sup>
- › Ear candle therapy<sup>3,7</sup>
- › Electroacupuncture<sup>2</sup>
- › Electrotherapy<sup>7</sup>
- › Eutony Gerda Alexander
- › Eye and iris diagnostics<sup>3</sup>

## F

- › Fango<sup>3,5</sup>
- › Fasciatherapy
- › Feldenkrais therapy
- › Foot reflexology massage
- › Functional orthonomy and integration

## H

- › Haematogenic oxidation therapy<sup>6,7</sup>
- › Homeopathy
- › Hydrotherapy<sup>3,5</sup>

## I

- › Intermedial therapy

## K

- › Kinesiology
- › Kneipp therapy<sup>3,5</sup>

## L

- › Laser acupuncture<sup>2</sup>
- › Leech therapy<sup>3</sup>
- › Light therapy<sup>7</sup>

## M

- › Magnet therapy<sup>7</sup>
- › Manual lymphatic drainage (therapeutic)
- › Massage (therapeutic)
- › Movement therapy
- › Moxa/Moxibustion<sup>2</sup>
- › Music therapy
- › Myofunctional therapy

## N

- › Neural therapy<sup>6</sup>
- › Nutritional therapy Ayurveda<sup>4</sup>
- › Nutritional therapy TCM<sup>2</sup>

## O

- › Organic rhythmic movement (Medau)
- › Ortho-Bionomy
- › Orthomolecular therapy<sup>7</sup>
- › Osteopathy/ethiopathy
- › Oxygen multistep therapy (excl. IHHT)<sup>3,7</sup>
- › Ozone therapy<sup>6,7</sup>

## P

- › Painting therapy
- › Phytotherapy TCM<sup>1,2</sup>
- › Polarity
- › Puppet play therapy

## Q

- › Qi Gong<sup>2</sup>

## R

- › Rebalancing<sup>7</sup>
- › Reflexology
- › Regulative therapy<sup>2,3,4</sup>
- › Respiratory therapy

# SWICA-RECOGNISED THERAPY METHODS.

## S

- › Self-blood therapy (excl. blood plasma therapies)<sup>6,7</sup>
- › Shiatsu
- › Sophrology Caycédiennne/  
biodynamics
- › Spagyrics<sup>3</sup>
- › Spinal column therapy
- › Spiral dynamics
- › Structural integration/Rolfing

## T

- › Tai chi
- › Thai massage
- › Therapeutic modelling
- › Therapeutic riding/  
horse-assisted therapy
- › Therapeutic speech formation
- › Tibetan medicine
- › Traditional Chinese Medicine (TCM)<sup>1,2</sup>
- › Traditional European Naturopathy TEN<sup>3</sup>
- › Trager method
- › Tui Na/An Mo<sup>2</sup>

## U

- › Ultraviolet irradiation of blood<sup>6,7</sup>

## W

- › Western herbal medicine<sup>1,3</sup>
- › Western nutritional therapy<sup>3</sup>
- › Wraps/compresses<sup>3,5</sup>

## Y

- › Yoga therapy

## SUPPLEMENTARY NOTES/LEGEND

<sup>1</sup> Acupuncture, anthroposophic medicine, Traditional Chinese Medicine (TCM), classical medical homeopathy and herbal medicine: Mandatory healthcare insurance reimburses the cost of therapy administered by a doctor certified in the discipline based on the rate of the canton of residence.

The following therapy methods, techniques or diagnostic methods are reimbursed if administered

<sup>2</sup> by a SWICA-recognised doctor or TCM therapist.

<sup>3</sup> by a SWICA-recognised doctor or TEN therapist.

<sup>4</sup> by a SWICA-recognised doctor or Ayurveda therapist.

<sup>5</sup> by a SWICA-recognised medical masseur.

<sup>6</sup> exclusively by a SWICA-recognised doctor.

<sup>7</sup> as a secondary form of treatment, i.e. if another therapy takes precedence.

**THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.**

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