



2019

## List of complementary therapy methods.

Basis

## Benefits

- SWICA covers the costs of complementary methods in the list below, provided that a SWICA-recognised therapist administers them for the purpose of treating an illness or the consequences of an accident.
- Under its COMPLETA TOP plan, SWICA reimburses the services of recognised therapists without rate agreement at the maximum of 80 francs per hour.
- The OPTIMA plan covers any costs that exceed this amount.
- 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.

## Lists

SWICA keeps a list of recognised therapists. This list is continuously updated, and insured persons can view or inspect extracts of it on request. You will find all SWICA-recognised therapists under [swica.ch/therapy](https://www.swica.ch/therapy)

## Co-payments

Under the General Insurance Conditions (GIC) and the Supplementary Insurance Conditions (SIC) for COMPLETA TOP, SWICA charges adult insured persons an excess of 600 francs (0 francs for children) for therapies administered under a complementary plan, and all insured persons pay an additional 10 % deductible (max. 700 francs for adults; 350 francs for children). Under an OPTIMA plan, all insured persons pay an excess equalling the annual excess due under mandatory healthcare insurance (basic insurance) plus a 10 % deductible (max. 700 francs for adults, 350 francs for children).

## Exclusive SWICA advantage: Transparent and favourable co-payments

SWICA and PROVITA are the only health insurers that apply co-payments from basic insurance to those of SWICA supplementary insurance, which means the annual co-payments will be much lower when compared to other health insurers.

# Treatment methods

- Acumat therapy\*
- Acupressure therapy
- Acupuncture<sup>1,2</sup>
- Acupuncture massage
- Alexander technique
- Anthroposophic medicine / therapies<sup>1,6</sup>
- Anthroposophic music therapy
- Anthroposophic painting therapy
- Aromatherapy\*
- Autogenic training\*
- Ayurveda massage<sup>4</sup>
- Ayurvedic medicine / therapies<sup>4</sup>
- Ayurvedic phytotherapy
- Bach flower therapy<sup>3</sup>
- Baunscheidt therapy<sup>3</sup>
- Biodynamics
- Biofeedback (excl. neurofeedback)\*
- Bioresonance therapy\*
- Bloodletting<sup>3</sup>
- Colon hydrotherapy\*
- Colon massage<sup>3,5</sup>
- Colour puncture\*
- Colour therapy\*
- Connective tissue massage<sup>3,5</sup>
- Craniosacral therapy
- Cupping<sup>3</sup>
- Curative eurythmy
- Dance and movement therapy according to Hauschild-Sutter
- Dance therapy
- Dietetics<sup>3</sup>
- Draining procedures<sup>3</sup>
- Drama therapy
- Ear acupuncture<sup>2</sup>
- Ear candle therapy\*
- Electroacupuncture<sup>2</sup>
- Electrotherapy\*
- Eutony Gerda Alexander
- Eye and iris diagnostics<sup>3</sup>
- Fango<sup>3,5</sup>
- Fasciatherapy
- Feldenkrais therapy
- Foot reflexology
- Functional biometry<sup>2,3,5</sup>
- Haematogenic oxidation therapy<sup>6\*</sup>
- Healing (TEN)<sup>3</sup>
- Herbal medicine TCM<sup>2</sup>
- Homeopathy<sup>1,7</sup>
- Hydrotherapy<sup>3,5</sup>
- Intermedial therapy
- Kinesiology
- Kneipp therapy<sup>3,5</sup>
- Laser acupuncture<sup>2</sup>
- Leech therapy<sup>3</sup>
- Light therapy\*
- Magnet therapy\*
- Manual lymphatic drainage (therapeutic)
- Massage (therapeutic)
- Movement therapy
- Moxa / Moxibustion<sup>2</sup>
- Music therapy
- Myofunctional therapy
- Natural medical practices (naturopath)<sup>3</sup>
- Neural therapy<sup>6</sup>
- Nutrition counselling Ayurveda<sup>4</sup>
- Nutrition counselling TCM<sup>2</sup>
- Organic rhythmic movement (Medau)
- Ortho-Bionomy
- Orthomolecular therapy\*
- Osteopathy / ethiopathy
- Oxygen multistep therapy<sup>3\*</sup>
- Ozone therapy<sup>6\*</sup>
- Painting therapy
- Phytotherapy TCM<sup>1,2</sup>
- Polarity
- Puppet play therapy
- Qi Gong<sup>2</sup>
- Rebalancing\*
- Reflexology
- Respiratory therapy
- Riding therapy
- Rolfing
- Self-blood therapy<sup>6\*</sup>
- Shiatsu
- Shin Tai
- Sophrology Caycédienne / biodynamics
- Spagyrics<sup>3,7</sup>
- Spinal column therapy
- Spiraldynamik
- Structural integration
- Tai chi
- Thai massage
- Therapeutic modelling
- Therapeutic speech formation
- Tibetan medicine
- Tomatis method\*
- Traditional Chinese Medicine (TCM)<sup>1,2</sup>
- Traditional European Natural
- Trager method
- Tui Na<sup>2</sup> / An Mo
- Ultraviolet irradiation of blood<sup>6\*</sup>
- Western herbal medicine<sup>1,3</sup>
- Western nutrition counselling<sup>3</sup>
- Wraps / compresses<sup>3,5</sup>
- Yoga therapy

## Supplementary instructions / legend

<sup>1</sup> Acupuncture, anthroposophic medicine, Traditional Chinese Medicine (TCM), classical medical homeopathy and herbal medicine: Mandatory healthcare insurance reimburses the cost of treatment 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> by a SWICA-recognised doctor or homeopath.

\* The following therapies are covered if they are used as a secondary form of treatment, i.e. if another therapy is the primary therapy.

## SWICA Healthcare Organisation

Because health is everything

Phone 0800 80 90 80 (24 hours a day), swica.ch

