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

**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
- Acupuncture1, 2
- Acupuncture massage
- Alexander technique
- Anthroposophic medicine / therapies1, 6
- Anthroposophic music therapy
- Anthroposophic painting therapy
- Aromatherapy*
- Autogenic training*
- Ayurvedic massage 4
- Ayurvedic medicine / therapies4
- Ayurvedic phytotherapy
- Bach flower therapy3
- Baunscheidt therapy3
- Biodynamics
- Biofeedback (excl. neurofeedback)*
- Bioresonance therapy*
- Bloodletting 3
- Colon hydrotherapy*
- Colon massage3, 5
- Colour puncture*
- Colour therapy*
- Connective tissue massage3, 5
- Craniosacral therapy
- Cupping3
- Curative eurythmy
- Dance and movement therapy according to Hauschild-Sutter
- Dance therapy
- Dietetics3
- Draining procedures3
- Drama therapy
- Ear acupuncture2
- Ear candle therapy*
- Electroacupuncture2
- Electrotherapy*
- Eutony Gerda Alexander
- Eye and iris diagnostics3
- Fango3, 5
- Fasciatherapy
- Feldenkrais therapy
- Foot reflexology
- Functional biometry2, 3, 5
- Haematogenic oxidation therapy6*
- Healing (TEN)3
- Herbal medicine TCM2
- Homeopathy1, 7
- Hydrotherapy3, 5
- Intermediary therapy
- Kinesiology
- Kneipp therapy3, 5
- Laser acupuncture2
- Leech therapy3
- Light therapy*
- Magnet therapy*
- Manual lymphatic drainage (therapeutic)
- Massage (therapeutic)
- Movement therapy
- Moxa / Moxibustion2
- Music therapy
- Myofunctional therapy
- Natural medical practices (naturopath)3
- Neural therapy*
- Nutrition counselling Ayurveda4
- Nutrition counselling TCM2
- Organic rhythmic movement (Medau)
- Ortho-Bionomy
- Orthomolecular therapy*
- Osteopathy / ethiopathy
- Oxygen multistep therapy7*
- Ozone therapy6*
- Painting therapy
- phytotherapy TCM1, 2
- Polarity
- Puppet play therapy
- Qi Gong2
- Rebalancing*
- Reflexology
- Respiratory therapy
- Riding therapy
- Rolfing
- Self-blood therapy6*
- Shiatsu
- Shin Tai
- Sophrology Caycédienne / biodynamics
- Spagyrics3, 7
- Spinal column therapy
- Spiraldynamik
- Structural integration
- Tai chi
- Thai massage
- Therapeutic modelling
- Therapeutic speech formation
- Tibetan medicine
- Tomatis method*
- Traditional Chinese Medicine (TCM)1, 2
- Traditional European Natural
- Trager method
- Tui Na2 / An Mo
- Ultraviolet irradiation of blood6*
- Western herbal medicine1, 3
- Western nutrition counselling3
- Wraps / compresses3, 5
- Yoga therapy

### Supplementary instructions / legend

1. 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:

2. by a SWICA-recognised doctor or TCM therapist.
3. by a SWICA-recognised doctor or TEN therapist.
4. by a SWICA-recognised doctor or Ayurveda therapist.
5. by a SWICA-recognised medical masseur.
6. exclusively by a SWICA-recognised doctor.
7. 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.