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COMPLEMENTARY MEDICINE

LIST OF COMPLEMENTARY THERAPY METHODS.

Version 2021

BECAUSE HEALTH
IS EVERYTHING

SWICA

Overview of complementary medical treatment methods.

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 a 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.

SWICA therapist directory with online function for appointments

SWICA keeps a directory of recognised therapists. This directory is continuously updated. Insured persons can view or request extracts of it. Appointments can also be booked directly online via the SWICA therapist directory. 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 (maximum 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 health-care insurance (basic insurance) plus a 10% deductible (maximum 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.

SWICA-recognised treatment methods.

- Acumat therapy*
- Acupressure therapy
- Acupuncture^{1,2}
- Acupuncture massage therapy
- Alexander technique
- Anthroposophic medicine / therapies^{1,6}
- Anthroposophic music therapy
- Anthroposophic painting therapy
- Aromatherapy⁷
- Arts and crafts therapy
- Audio-psycho-phonology / tomatis⁷
- Autogenic training⁷
- Ayurveda massage⁴
- Ayurvedic herbal therapy⁴
- Ayurvedic medicine / therapies⁴
- Bach flower therapy³
- Baunscheidt therapy³
- Biodynamics
- Biofeedback (excl. neurofeedback)⁷
- Bioresonance therapy⁷
- Bloodletting³
- Colon hydrotherapy⁷
- Colon massage^{3,5}
- Colour puncture⁷
- Colour therapy⁷
- Connective tissue massage^{3,5}
- Craniosacral therapy
- Cupping³
- Curative eurythmy
- Dance and movement therapy according to Hauschild-Sutter
- Dance therapy
- Dietetics³
- Dorn therapy
- Draining procedures³
- Drama therapy
- Ear acupuncture²
- Ear candle therapy^{3,7}
- Electroacupuncture²
- Electrotherapy⁷
- Eutony Gerda Alexander
- Eye and iris diagnostics³
- Fango^{3,5}
- Fasciatherapy
- Feldenkrais therapy
- Foot reflexology massage
- Functional biometry^{2,3,5}
- Functional orthonomy and integration
- Haematogenic oxidation therapy^{6,7}
- Healing (TEN)³
- Herbal medicine TCM²
- Homeopathy
- Hydrotherapy^{3,5}
- Intermedial therapy
- Kinesiology
- Kneipp therapy^{3,5}
- Laser acupuncture²
- Leech therapy³
- Light therapy⁷
- Magnet therapy⁷
- Manual lymphatic drainage (therapeutic)
- Massage (therapeutic)
- Movement therapy
- Moxa / Moxibustion²
- Music therapy
- Myofunctional therapy
- Natural medical practices (naturopath)³
- Neural therapy⁶
- Nutritional therapy Ayurveda⁴
- Nutritional therapy TCM²
- Organic rhythmic movement (Medau)
- Ortho-Bionomy
- Orthomolecular therapy⁷
- Osteopathy / ethiopathy
- Oxygen multistep therapy^{3,7}
- Ozone therapy^{6,7}
- Painting therapy
- Phytotherapy TCM^{1,2}
- Polarity
- Puppet play therapy
- Qi Gong²
- Rebalancing⁷
- Reflexology
- Regulative therapy
- Respiratory therapy
- Riding therapy
- Self-blood therapy^{6,7}
- Shiatsu
- Shin Tai
- Sophrology Caycédienne / biodynamics
- Spagyrics³
- Spinal column therapy
- Spiral dynamics
- Structural integration / Rolfing
- Tai chi
- Thai massage
- Therapeutic modelling
- Therapeutic riding
- Therapeutic speech formation
- Tibetan medicine
- Tomatis method*
- Traditional Chinese Medicine (TCM)^{1,2}
- Traditional European Naturopathy TEN
- Trager method
- Tui Na² / An Mo
- Ultraviolet irradiation of blood^{6,7}
- Western herbal medicine^{1,3}
- Western nutritional therapy³
- Wraps / compresses^{3,5}
- 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 as a secondary form of treatment, i.e. if another therapy takes precedence.