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 CHF 80 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 CHF 600 (CHF 0 for children) for therapies administered under a complementary plan, and all insured persons pay an additional 10% deductible (max. CHF 700 for adults; CHF 350 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. CHF 700 for adults, CHF 350 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
Acupuncture massage
Alexander technique
An Mo/Tui Na
Anthroposophic medicine/therapies
Anthroposophic music therapy
Anthroposophic painting therapy
Aromatherapy*
Autogenic training*
Ayurveda massage
Ayurvedic medicine/therapies
Bach flower therapy
Baunscheidt therapy
Biodynamics
Biofeedback (excl. neurofeedback)*
Bioresonance therapy*
Bloodletting
Colon hydrotherapy*
Colon massage
Colour punctuation
Colour therapy*
Connective tissue massage
Craniosacral therapy
Cupping
Curative eurythmy
Dance and movement therapy according to Hauschild-Sutter
Dance therapy
Dietetics
Draining procedures
Drama therapy
Ear acupuncture
Ear candle therapy*
Electroacupuncture
Electrotherapy*
Eutony Gerda Alexander
Eye and iris diagnostics
Fango
Fasciatherapy
Feldenkrais therapy
Foot reflexology
Functional biometry
Haematogenic oxidation therapy
Herbal medicine TCM
Homeopathy
Hydrotherapy
Intermediary therapy
Kinesiology
Kneipp therapy
Laser acupuncture
Leech therapy
Light therapy*
Magnet therapy*
Manual lymphatic drainage (therapeutic)
Massage (therapeutic)
Movement therapy
Moxa/Moxibustion
Music therapy
Myofunctional therapy
Natural medical practices (naturopath)
Neural therapy
Nutrition counselling Ayurveda
Nutrition counselling TCM
Organic rhythmic movement (Medau)
Ortho-Bionomy
Orthomolecular therapy*
Osteopathy/ethiopathy
Oxygen multistep therapy
Ozone therapy*
Painting therapy
Polarity
Puppet play therapy
Qi Gong
Rebalancing*
Reflexology
Respiratory therapy
Riding therapy
Rolfing
Self-blood therapy*
Shiatsu
Shin Tai
Sophrology Caycédienne/biodynamics
Spagyrics
Spinal column therapy
Spiral dynamik
Structural integration
Thai massage
Therapeutic modelling
Therapeutic speech formation
Tibetan medicine
Tomatis method
Traditional Chinese Medicine (TCM)
Traditional European Natural Healing (TEN)
Trager method
Ultraviolet irradiation of blood
Western herbal medicine
Western nutrition counselling
Wraps/compresses
Yoga therapy

Supplementary instructions/legend

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

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.