

# Overview of benefits for check-ups under Praevita and Optima supplementary insurance plans

Benefits for medical and gynaecological check-ups defined in the GIC/SC

A check-up is defined as a preventive medical exam to assess the general physical and mental state of a symptom-free individual. Consistently using various diagnostic procedures can help to detect diseases at an early stage.

## Benefits

- We help pay for the costs of the check-ups and consultations that we recognise, as listed below, provided that they are administered by approved doctors or hospitals in Switzerland.
- We help cover the cost of check-ups via our Praevita and Optima supplementary insurance plans as long as they do not involve a benefit that is covered under mandatory health insurance (OKP).
- Praevita supplementary insurance reimburses 90% of costs, up to 500 francs, within a period of three calendar years. Benefits can also be received in other countries provided the doctor is trained to an equivalent standard in accordance with our quality standards.
- Optima supplementary insurance covers the costs that exceed this amount (less the 10% deductible). Benefits can also be received in other countries provided the doctor is trained to an equivalent standard in accordance with our quality standards.

Service	Recommendation/explanations
<b>Abdominal ultrasound for women</b>	Mother or sister with ovarian or breast cancer
<b>Blood lipids</b>	Cardiovascular disease, smokers, high cholesterol, high blood pressure
<b>Blood sugar</b>	Diabetes, overweight, sedentary lifestyle
<b>Bone density measurement</b>	(Former) anorexia, low BMI, cortisone therapy, nicotine/alcohol consumption, frequent bone fractures, vitamin D deficiency
<b>Chlamydia screening</b>	–
<b>Colonoscopy</b>	For individuals aged 50 to 75
<b>Dermatological exam</b>	More than 50 moles, noticeable changes in the skin, relatives who have had stage 1 melanoma or skin cancer
<b>Examination of eye pressure, back of the eye and field of vision</b>	–
<b>Genetic consultation and analysis</b>	From age 30 if there is a family history of breast cancer
<b>Health interview or consultation</b>	–
<b>Hearing and vision test</b>	From age 65

Service	Recommendation/explanations
Lung CT scan	(Former) smokers aged 55 to 80
Mammogram	For women with a family history of breast cancer, from age 30; for women with a hereditary risk, from age 40 (every two years)
Pap smear	For women aged 21 to 70
Physical examination (e.g. height, weight, BMI), blood pressure measurement	–
Pre-natal care not covered by mandatory benefits	–
PSA screening	Men aged 50 and over
Small blood count	–
Smoking cessation consultation	For smokers
Spirometry/lung function test	Smokers aged 55 and over
Stool test	For individuals aged 50 to 75
Ultrasound screening for aortic aneurysm	(Former) smokers or individuals aged 65 and over
Vaccinations not included in the Swiss vaccination plan; vaccination consultation	–

This list is not exhaustive and we may modify it at any time without notice.

**Note:** We do not participate in flat-rate check-up offers. A detailed list of the benefits provided and the individual costs is generally required. If you are interested in a flat-rate offer, please contact us in advance.

Do you have any questions about which check-ups we cover?  
We would be happy to advise you.