

OVERVIEW OF BENEFITS FOR CHECK-UPS UNDER COMPLETA PRAEVENTA 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. The systematic use of various diagnostic procedures can help to detect diseases at an early stage.

BENEFITS

- › SWICA participates in the costs of the SWICA-recognised check-ups and consultations listed below, provided that they are administered by approved doctors or hospitals in Switzerland.
- › SWICA participates in the cost of check-ups from its COMPLETA PRAEVENTA and OPTIMA supplementary insurance plans as long as it does not involve a benefit that is covered under mandatory health insurance (OKP).
- › COMPLETA PRAEVENTA insurance reimburses 90% of costs, up to 500 francs, within a period of three calendar years. Benefits can also be received in neighbouring countries provided the doctor is trained to an equivalent standard in accordance with SWICA's quality standards.
- › OPTIMA 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 SWICA's quality standards.

SERVICE	RECOMMENDATION/EXPLANATIONS
Abdominal ultrasound for women	Mother or sister with ovarian or breast cancer
Blood lipids	Cardiovascular disease, smokers, high cholesterol, high blood pressure
Blood sugar	Diabetes, overweight, sedentary lifestyle
Bone density measurement	(Former) anorexia, low BMI, cortisone therapy, nicotine/ alcohol consumption, frequent bone fractures, vitamin D deficiency
Chlamydia screening	–
Colonoscopy	For individuals aged 50 to 75
Dermatological exam	More than 50 moles, noticeable changes in the skin, relatives with stage 1 melanoma or skin cancer
Examination of eye pressure, back of the eye and field of vision	–

SERVICE	RECOMMENDATION/EXPLANATIONS
Genetic consultation and analysis	From age 30 if there is a family history of breast cancer
Health interview or consultation	–
Hearing and vision test	From age 65
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 can be modified by SWICA without notice at any time.

Note: SWICA does 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.