



BENEVITA

Digital health platform and bonus programme.

Attractive
premiums for
COMPLETA TOP
and HOSPITA

BENEVITA rewards you for your healthy lifestyle.



Whether it's exercise, nutrition or wellbeing – the innovative BENEVITA health platform supports you in maintaining a healthy lifestyle. With BENEVITA you receive personal health tips and can use the Challenges feature to compete against teams and other individuals. Thanks to the BENEVITA bonus programme you enjoy personal premium discounts and additional functions.

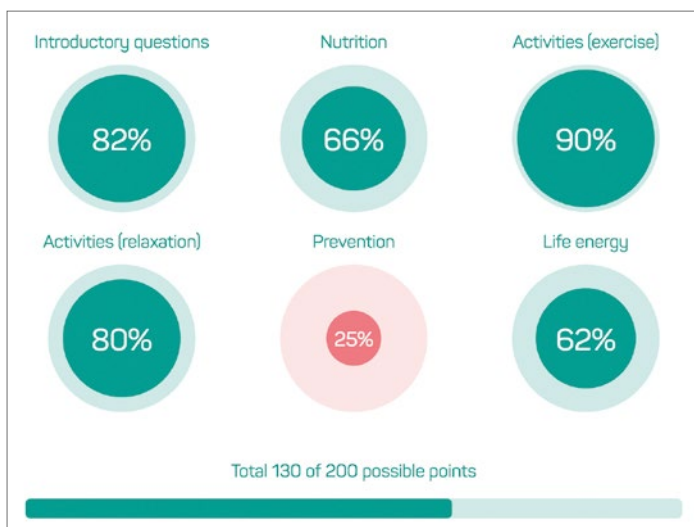
The BENEVITA health platform

The BENEVITA health platform delivers interesting personalised content relating to health issues. BENEVITA supports users and motivates them to adopt a health-oriented lifestyle. It also provides information in an informal way to help them through the various phases of their life.

You can try the health platform now without obligation by creating a user profile at: benevita.ch

The BENEVITA bonus programme

With the BENEVITA bonus programme SWICA customers can directly influence their premiums for the COMPLETA TOP and HOSPITA supplementary insurance plans by adopting an active and healthy lifestyle. Simply answer the health-related questions in the declaration questionnaire and collect your first bonus points. The more bonus points you collect, the higher your premium discount will be.



The BENEVITA advantages.



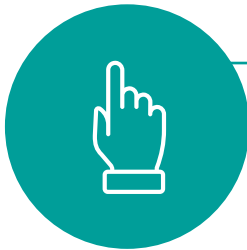
Reduce your premiums

Thanks to your healthy and active lifestyle you can enjoy a premium discount on the COMPLETA TOP and HOSPITA supplementary insurance plans. The discount is based on your answers to the health and fitness questions in the declaration questionnaire. SWICA only receives the points total from the questionnaire and cannot see your answers or health data.



Individual health tips

You will receive useful health tips and helpful advice about exercise, nutrition and wellbeing (e.g. recipes, app recommendations, and events). The more you use the platform, the more the content will be tailored to your needs.



Preventive healthcare

Some preventive healthcare measures will be particularly appropriate for individuals of your age and sex. BENEVITA delivers recommendations that are right for you, tracks your progress, and rewards you when you succeed.



Coaching by experts

Experts from the sante24 health advice helpline coach and support you towards achieving your goals. Coaching is available free of charge to all SWICA customers.





Challenges

Compare your performance in exciting contests with other teams or individuals, or devise your own challenge and invite others to take part.



Exercise rewarded

You can connect your fitness tracker (e.g. your smartphone or fitness wristband) with the platform and take part in exercise campaigns. Attractive prizes are waiting for you when you reach the set objective (e.g. 10000 steps per day).



Secure and mobile

SWICA believes strongly in protecting your personal data and is committed to ensuring that you always feel secure when using BENEVITA. When you use BENEVITA, your data is always safe and secure, in accordance with Swiss data protection regulations. Thanks to the BENEVITA app, you can use BENEVITA from your smartphone or tablet at any time.



If you would like to find out more about BENEVITA, let us know online at: swica.ch/benevita

Using BENEVITA.



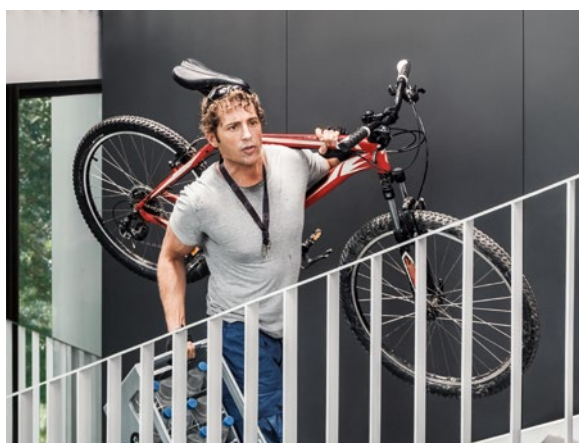
1 Find out more about BENEVITA

Find out more at: swica.ch/benevita, or call us on 0800 80 90 80.



2 Set up a profile free of charge

Create a user profile free of charge on the BENEVITA health platform and start enjoying the benefits right away.



3 Collect health points

Answer the questions about exercise, nutrition and wellbeing in the questionnaire. Your answers result in points which in turn determine your premium discount.



4 Benefit regularly

You can use BENEVITA wherever you are and whenever you want to – also on your smartphone or tablet. This means that you never miss a benefit and are always informed.



Other SWICA services for you.



Recommend SWICA and receive 100 francs

Are you a satisfied SWICA customer? Then let other people know. Your recommendation pays off twice over. Your friends and acquaintances will enjoy first-class service and attractive premiums, and you will be rewarded with 100 francs for every successful recommendation.

Find out more at: [swica.ch/recommend](https://www.swica.ch/recommend)



active4life: around 100 preferential offers for your health

There are lots of day-trip destinations and offers for you to discover. Thanks to around 100 active4life preferential offers, SWICA customers enjoy a range of discounts from partners in the fields of nutrition, health, sport and wellness.

Find out more at: [swica.ch/active4life](https://www.swica.ch/active4life)



Your mobile companions: the SWICA apps

Wherever you are, you can use the SWICA apps to access a range of services.

- Invoice scanning: submit your claims-related documents by app
- Bonus programme: keep active, collect points and benefit with BENEVITA
- SymptomCheck and self-help: with BENECURA you have your health in your hands

Find out more at: [swica.ch/app](https://www.swica.ch/app)

SWICA Healthcare Organisation

Because health is everything

Phone 0800 80 90 80 (24 hours a day), [swica.ch](https://www.swica.ch)

