



## Prevention ÖKK FAMILY and ÖKK FAMILY FLEX

Benefits for preventive medical check-ups, vaccinations and selected preventive measures. Valid from 1.1.2012.

### Preventive check-ups

	ÖKK FAMILY	ÖKK FAMILY FLEX
Preventive gynaecological check-ups	90%, 2 check-ups per 3 calendar years	90%, 2 check-ups per 3 calendar years
Medical check-up	90%, up to CHF 300.- per calendar year	90%, up to CHF 300.- per calendar year
Medically recognised active and travel vaccinations	90%, up to CHF 200.- per calendar year	90%, up to CHF 200.- per calendar year
Dental check-ups	CHF 60.- per calendar year up to 25 years	CHF 60.- per calendar year up to 25 years

### Health account

Preventive measures promote physical fitness, endurance and wellbeing. They promote health-conscious behaviour, maintain health, restore health and help to deal with a chronic disease.

Area	Preventive measure	50%, up to CHF 200.- per area, total up to CHF 500.- per calendar year
<b>Family</b>	Infant and toddler massage course (insured persons from 16 years)	50%, up to CHF 200.-
	Infant and toddler swimming (for insured pre-school children)	
	Parent and child swimming (for insured pre-school children)	
	Infant and toddler gymnastics (for insured pre-school children)	
	MuKi and VaKi gymnastics (for insured pre-school children)	
	First aid course in case of emergencies for toddlers (insured persons from 16 years, Samaritan associations courses, SRK)	
<b>Nutrition</b>	Nutritional consultation	50%, up to CHF 200.-
	Nutritional course (without food)	
<b>Exercise</b>	Performance diagnostics	50%, up to CHF 200.-
	Training in a fitness centre	
	Swimming in an indoor swimming pool	
	Aquafitness course (e.g. aquapower, aquajogging)	
	Yoga course, Tai-Chi, Qi-Gong	
	Sport cheque: Membership fee, participation fee for exercising and for training in - sports CLUBS (active membership) - sports courses	100%, up to CHF 50.-
<b>Other prevention</b>	Aequilibris (Dr. Caimi)	50%, up to CHF 200.-
	Eye training	
	Bechterew gymnastics	
	Bladder and pelvic floor training	
	Dynasom	
	Posture and back gymnastics	
	Ideokinesis movement education	
	Coronary gymnastics	
	Medical training therapy (MTT)	
	Osteoporosis gymnastics courses (Rheumaliga Switzerland)	
	Smoking cessation course	
	Rheumatism swimming, aquacura, aquawell (Rheumaliga Switzerland)	
	Self-help group for asthmatics, cancer and MS patients	
	Spiral dynamics	
Lungenliga water acclimatisation and swimming courses - (children with respiratory problems )		

The insurance company approves services offered by qualified professionals.

The insurance company approves subscriptions of fitness centres and swimming pools, which run for at least half a year.

The insurance company approves courses of the exercise area running for a minimum of 10 lessons.