



Prevention ÖKK OPTIMA and ÖKK PREMIUM

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

Preventive medical check-ups and vaccinations

	ÖKK OPTIMA	ÖKK PREMIUM
Preventive gynaecological check-ups	90%, 2 check-ups per 3 calendar years	90%, 2 check-ups per 3 calendar years
Medical check-up Sports physical or sports flight physical check-up	90%, up to CHF 300 per calendar year	90%, up to CHF 500 per calendar year
Medically recognised active and travel vaccinations	90%, up to CHF 200 per calendar year	90%, up to CHF 300 per calendar year
Dental check-ups	CHF 60 per calendar year up to 25 years	CHF 100 per calendar year

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	ÖKK OPTIMA	ÖKK PREMIUM
		50%, up to CHF 200 per area, total up to CHF 400 per calendar year	50%, up to CHF 300 per area, total up to CHF 600 per calendar year
Family	Infant and toddler massage course (insured persons from 16 years)		50%, up to CHF 300
	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)		
Nutrition	Nutritional consultation	50%, up to CHF 200	50%, up to CHF 300
	Nutritional courses (without food)		
Exercise	Performance diagnostics	50%, up to CHF 200	50%, up to CHF 300
	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 training in - sports associations (active membership) - sports courses	100%, up to CHF 50	100%, up to CHF 100
Other prevention	Aequilibris (Dr. Caimi)	50%, up to CHF 200	50%, up to CHF 300
	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.