

ÖKK PREVENTION

Benefits for preventative measures

Valid from 1.4.2023

Preventative examinations and inoculations

Gynaecological preventative examinations	90% of one examination per calendar year if basic insurance has not covered any costs for an examination in the current calendar year
Check-up	90%, up to CHF 300 per calendar year
Inoculations	90%, up to CHF 200 per calendar year

Health account

Preventative measures promote physical fitness, conditioning and well-being. With the health account, you receive up to 500 francs per year to help keep you healthy.

Area	Preventative measure	Contribution
Family	Baby and child massage courses (for insured persons 16 and over)	50%, up to CHF 300
	Swimming lessons for babies and small children (for insured persons of pre-school age)	
	Parent-child swimming lessons (for insured persons of pre-school age)	
	Baby and small children's gymnastics (for insured persons of pre-school age)	
	Parent-child gymnastics (for insured persons of pre-school age)	
	First-aid courses for emergencies with small children (for insured persons 16 and over, courses run by Swiss Samaritans associations, SRC)	
Nutrition	Nutritional advice	50%, up to CHF 300
	Nutrition course (excl. food)	
Movement	Performance diagnostics	50%, up to CHF 300
	Training in gyms	
	Spinning/Indoor Cycling	
	Swimming in indoor pools	
	Aquafitness (e.g. aquapower, aquajogging)	
	Yoga, Tai-Chi, Qi-Gong	
	Sports check: Membership, admission fees for sports and exercise at sports clubs (active membership) / sports course	
Other prevention	Aequilibris (Dr. Caimi)	100%, up to CHF 100
	Eye exercises	
	Spondyloarthritis exercises	50%, up to CHF 300
	Bladder and pelvic floor muscle training	
	Dynasom therapy	
	Posture and back exercises	
	Ideokinesis exercise activities	
	Coronary exercises	
	Medical training therapy (MTT)	
	Osteoporosis exercise courses (Rheumaliga Schweiz, BGB Schweiz)	
	Quit-smoking courses	
	Swimming for rheumatism sufferers, aquacura, aquawell (Rheumaliga Schweiz)	
	Self-help groups for asthmatics, cancer and MS patients	
	Spiral dynamics course	
	Water progression and swimming courses organised by Lung League (children with respiratory problems)	
	BikeBonus (bike helmet, protective equipment, bike backpack with integrated protection, bike lights, seat position analysis, ergonomic saddle, bike fitting, cycling technique course with a certified guide by Swiss Cycling or a Swiss Cycling partner, bike service, repair course)*	
	NordicBonus (cross-country skiing pass, cross-country skiing course run by schools that are members of the Association of Swiss Cross-country Skiing Schools (Verein Schweizer Langlaufschulen, VSLS))*	

The insurer recognises courses/training that take place in Switzerland, are run by a specialist and cannot be transferred to another person. The insurer recognises subscriptions to gyms/fitness centres and indoor pools that run for at least six months. The insurer recognises courses in the Movement area that comprise at least 10 lessons/sessions.

The products and requirements for the health account are determined by the insurer. They can be unilaterally changed by the insurer at any time without this giving rise to a right to terminate the contract for the insured person.

*The course must be invoiced in Swiss francs. The submitted receipts must state the first and last names of the insured person as well as the items purchased. It is not enough to submit the cross-country skiing pass itself; the invoice/receipt must be submitted (bank statement or invoice).