

Recognised therapeutic methods in complementary medicine

Edition January 2024

SANA/COMPLETA supplementary insurance, as at 1 January 2021

COMPLETA EXTRA supplementary insurance, as at 1 January 2024*

COMPLETA PLUS supplementary insurance, as at 1 January 2024

Payment of costs for medically necessary, outpatient and complementary medical treatment recognised by us:

Benefits under SANA or COMPLETA supplementary insurance are paid at a rate of 75% for methods of treatment performed by our recognised EMR-registered therapists or doctors. In addition to the benefits provided under COMPLETA, we also provide coverage as follows: under COMPLETA EXTRA we cover 100% of the remaining amount or under COMPLETA PLUS we cover 15% of the invoice amount, up to a maximum of CHF 500 per calendar year.

A list of recognised specialists can be found on our homepage: helsana.ch/complementary-therapists

Important: This list is based on the Additional Insurance Conditions (AIC) referred to above. It does not constitute a definitive cost approval. We will gladly answer and clarify any questions you may have.

A

Acupressure
Acupuncture
Alexander technique
Anthroposophic medicine (medical practitioners only)
Acupuncturemassage therapy²
Arts Therapist:
– movement and dance therapy
– Drama and speaking therapy
– Music therapy specialisation
– intermedial therapy specialisation
Asian bodywork
Auriculotherapy
Autogenic training
Autohaemotherapy/auto-sanguis therapy:
(doctors or naturopaths with a Federal diploma in TEN)
– Haemolysed, potentised, activated autologous blood
– Step-by-step auto-sanguis therapy
– Major and minor autohaemotherapy
– Haematogenous oxidation therapy (HOT)
– Ultraviolet blood irradiation (UVB)
Ayurveda massage¹
Ayurvedic medicine¹
Ayurveda therapy¹

B

Bach flower therapy
Baunscheidt method
Bioresonance therapy
Body wraps

C

Chromotherapy
Classical massage¹
Colonic irrigation
Colourpuncture
Connective tissue massage¹
Craniosacral therapy
Cupping

D

Detoxification
Dietetics
Dorntherapy

E

Electroacupuncture
Electroacupuncture according to Voll
Electrotherapy
Etiopathy
Eurythmy therapy

F

Fasciatherapy
Feldenkrais
Foot reflexology massage¹

G

Gerda Alexander eutony

H

Herbal medicine (western/eastern)
Homoeopathy (classical)
Hydrotherapy

K

Kinesiology
Kneipp therapy

L

Laser acupuncture
Leech therapy
Lymphatic drainage manual¹

M

Massage practices (naturopath)²
Massage therapy¹
– Classical massage
– Foot reflexology massage
– Lymphatic drainage manual
Medau movement
Medical massage (medical masseur)²:
– Body wraps
– Classical massage
– Connective tissue massage
– Electrotherapy
– Foot reflexology massage
– Hydrotherapy
– Lymphatic drainage manual

*COMPLETA EXTRA supplementary insurance has been run as a closed portfolio since 11 September 2023. This means it is no longer possible to take out this product.

Meridian therapy
Moxibustion (moxa)
Music therapy

N

Neural therapy (doctor or naturopath with special authorisation)
Nutritional advice/therapy Ayurveda¹
Nutritional advice/therapy (TEN/TCM)

O

Orderly Therapy
Osteopathy
Oxygen multi-step therapy

P

Phlebotomy
Polarity therapy
Postural integration
Psychozone massage
Puppet-play therapy

R

Reflexology therapy/massage²
Respiratory therapy
Rhythmic massage (anthroposophic)²
Rolfing/Structural integration

S

Schüssler biochemistry
Shiatsu
Sophrology (biodynamic/Caycedo)
Spinal column therapy
Sumathu therapy
Sympathico therapy

T

Tibetan medicine
Tomatis
Therapeutic Massage¹
– Classical massage
– Foot reflexology massage
– Lymph drainage (manual)
Traditional Chinese Medicine (TCM)
Traditional European Naturopathy (TEN)
Trager approach
Tui-Na/An-Mo

¹ For these (individual) methods, we pay 75% under COMPLETEA EXTRA for therapists that are recognised by us and EMR and/or ASCA-registered, or a maximum of CHF 750 per calendar year. Under COMPLETEA PLUS, we cover 75% of costs, up to a maximum of CHF 500 per calendar year.

² For these methods, we pay 75% of the costs under SANA/COMPLETEA for treatment by our recognised EMR-registered therapists. In addition to the benefits provided under COMPLETEA, we also provide coverage as follows: under COMPLETEA EXTRA we cover 100% of the remaining amount or under COMPLETEA PLUS we cover 15% of the invoice amount, up to a maximum of CHF 500 per calendar year. Exclusively under COMPLETEA EXTRA we pay 75% of costs up to a maximum of CHF 750 per calendar year for treatment by therapists that are ASCA-registered and recognised by us. Under COMPLETEA PLUS we cover 75% of costs, up to a maximum of CHF 500 per calendar year.

Complementary therapy treatments abroad:

For treatments abroad, 75% of the invoiced costs for recognised treatment methods shall be reimbursed under COMPLETEA EXTRA up to maximum of CHF 750 per calendar year. We do not cover any costs under COMPLETEA PLUS. We do not cover the costs of health retreats (inpatient convalescent care and balneotherapy).