

## Special forms of treatment

Status as at 1<sup>st</sup> of January 2024

**OMNIA supplementary insurance conditions, as at 1 July 2014**

**TOP / COMPLETA supplementary insurance conditions, as at 1 January 2021**

**COMPLETA EXTRA supplementary insurance conditions, as at 1 January 2022**

**COMPLETA PLUS supplementary insurance conditions, as at 1 January 2024**

We will cover 75% of the costs for any special forms of treatment you require. To qualify for this cover, a prior request, written cost approval by Helsana, a medical prescription and a physician/therapist recognised by Helsana are required. The services are limited to a maximum of CHF 3,000 per calendar year from TOP/OMNIA or CHF 4,500 per calendar year from COMPLETA. Services covered abroad are marked with a (\*). Under COMPLETA EXTRA/COMPLETA PLUS, the excess under COMPLETA will be covered in the amount of 25%.

Please note: For some courses of treatment, the indications, number of paid sessions and/or the maximum cost per treatment are fixed. We will be happy to provide you with more details about the specific scope of benefits. The phone number is printed on your insurance card.

- Hippotherapy, therapeutic horse riding, therapeutic riding\*
- Hyperthermia therapy in combination with radiotherapy due to a tumour\*
- Medically justified operations and treatments:
  - Protruding ears (up to the age of 20)\*
  - Removal of tattoos\*
  - Hair removal – hirsutism/intense pulsed light (IPL)\*
  - Breast operation – breast reduction and enlargement (payment of costs only with prior written cost approval by Helsana)\*
  - Surgical procedures in connection with being overweight – abdominoplasty/liposuction (payment of costs only with prior written cost approval by Helsana)\*
- Sterilisation\*
- Vasectomy\*
- Refractive surgery – correction of myopia starting at 8 dioptries\*
- Myotherapy/myofunctional therapy
- Special myofascial treatment
- Medi-Mouse – dynamic pressure measurement/segmental diagnosis of the spinal column\*
- Whole-body cryotherapy\*
- Extracorporeal and radial shock wave therapy for orthopaedics\*
- Podiatry – foot care for diabetic patients by a freelance podiatrist, if no benefits can be covered by basic insurance
- Non-medical psychotherapy by a psychotherapist recognised (if there is no obligation to pay benefits under the basic insurance)\*
- Play and art therapy for children\*
- Biodynamics
- Integrative and clinical movement therapy\*
- Creative and art therapy\*
- Biofeedback therapy
- GAIA online coaching programs

**B: Forms of treatments without contribution from COMPLETA EXTRA**

**The Helsana Group comprises Helsana Insurance Company Ltd,  
Helsana Supplementary Insurances Ltd and Helsana Accidents Ltd.**

# Helsana

- Spiraldynamics by a therapist recognised by us\*