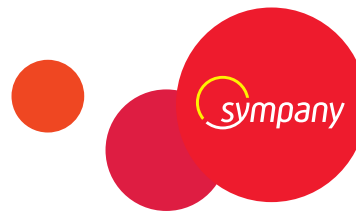




# Alternative medicine therapy methods

(Status 1 January 2021)



## Overview of alternative medicine therapy methods

Sympany contributes to the costs of the therapy methods listed below if they are medically necessary. The cost contribution depends on the product and the selected level of cover.

For a list of therapists approved by Sympany, see [sympany.ch/therapeuten](https://www.sympany.ch/therapeuten)

### A

Acupressure <sup>1 2a 3a 4a 5</sup>

Acupuncture <sup>1 2a 3a 4a 5</sup>

Acupuncture massage <sup>1 2a 3a 4a 5</sup>

Alexander technique <sup>1 2a 3a 4a 5</sup>

Anmo-tuina/Tuina massage <sup>1 2a 3a 4a 5</sup>

Anthroposophical medicine <sup>1 2a 3a 4a 5</sup>

Asian body and energy work <sup>2b 3b 4b 5</sup>

Autohaemotherapy/Self-blood therapy <sup>1 2a 3a 4a 5</sup>

Autogenic training <sup>1 2a 3a 4a 5</sup>

Ayurveda massage <sup>1 2a 3a 4a 5</sup>

Ayurveda therapy <sup>1 2a 3a 4a 5</sup>

### B

Baunscheidtism <sup>1 2a 3a 4a 5</sup>

Biodynamics <sup>2b 3b 4b 5</sup>

Bio feedback <sup>2b 3b 4b 5</sup>

### C

Chinese medication therapy <sup>1 2a 3a 4a 5</sup>

Colon cleansing <sup>1 2a 3a 4a 5</sup>

Colon massage <sup>2b 3b 4b</sup>

Compresses/wraps/fango <sup>1 2a 3a 4a 5</sup>

Connective tissue massage <sup>2b 3b 4b 5</sup>

Craniosacral therapy <sup>1 2a 3a 4a 5</sup>

Cupping <sup>1 2a 3a 4a 5</sup>

### D

Dance therapy <sup>1 2a 3a 4a 5</sup>

Drama therapy <sup>1 2a 3a 4a 5</sup>

### E

Ear acupuncture <sup>1 2a 3a 4a 5</sup>

Electroacupuncture <sup>1 2a 3a 4a 5</sup>

Electrotherapy <sup>1 2a 3a 4a 5</sup>

Etiopathy <sup>1 2a 3a 4a 5</sup>

Eurythmy therapy <sup>1 2a 3a 4a 5</sup>

### F

Feldenkrais method <sup>1 2a 3a 4a 5</sup>

Figure play therapy <sup>1 2a 3a 4a 5</sup>

Foot reflex zone message <sup>1 2a 3a 4a 5</sup>

### G

Gestalt therapy <sup>1 2a 3a 4a 5</sup>

### H

Hematogenic oxidation therapy <sup>2b 3b 4b 5</sup>

Hippotherapy/Therapeutic riding <sup>2b 3b 4b 5</sup>

Homoeopathy <sup>1 2a 3a 4a 5</sup>

Hydrotherapy <sup>1 2a 3a 4a 5</sup>

### I

Intermedial therapy <sup>1 2a 3a 4a 5</sup>

### K

Kinesiology <sup>1 2a 3a 4a 5</sup>

Kneipp therapy <sup>1 2a 3a 4a 5</sup>

### L

Laser acupuncture/laser therapy <sup>1 2a 3a 4a 5</sup>

Leech therapy <sup>1 2a 3a 4a 5</sup>

### M

Manual lymph drainage <sup>1 2a 3a 4a 5</sup>

Massage techniques <sup>1 2a 3a 4a 5</sup>

Movement and body therapy <sup>1 2a 3a 4a 5</sup>

Moxibustion <sup>1 2a 3a 4a 5</sup>

Music therapy <sup>1 2a 3a 4a 5</sup>

### N

Neural therapy <sup>2b 3b 4b 5</sup>

Nutrition counselling <sup>1 2a 3a 4a 5</sup>

### O

Osteopathy <sup>1 2a 3a 4a 5</sup>

Ozone therapy <sup>2b 3b 4b 5</sup>

### P

Painting therapy <sup>1 2a 3a 4a 5</sup>

Phlebotomy <sup>1 2a 3a 4a 5</sup>

Phytotherapy, incl. spagyric <sup>1 2a 3a 4a 5</sup>

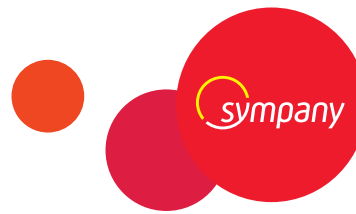
Polarity <sup>2b 3b 4b 5</sup>

Psycho-zone massage <sup>2b 3b 4b 5</sup>

Purging procedure <sup>1 2a 3a 4a 5</sup>

### Q

Qi-Gong <sup>1 2a 3a 4a 5</sup>



## R

Reflexology, reflex zone massage <sup>1</sup>  
2a 3a 4a 5

Regulation therapy <sup>1 2a 3a 4a 5</sup>

Remedies/medicinal herbs (pre-  
scribed/dispensed by a medical  
practitioner, naturopath, homoe-  
opath, TCM therapist or Ayurveda  
therapist) <sup>1 2a 3a 4a 5</sup>

Respiration therapy <sup>2b 3b 4b 5</sup>

Rhythmic massage <sup>1 2a 3a 4a 5</sup>

Rolfing/Structural integration <sup>2b 3b</sup>  
4b 5

## S

Shiatsu <sup>1 2a 3a 4a 5</sup>

Spiral dynamics <sup>1 2a 3a 4a 5</sup>

## T

Tai-Chi <sup>1 2a 3a 4a 5</sup>

Therapeutic sculptural  
design <sup>1 2a 3a 4a 5</sup>

Therapeutic speech formation <sup>1 2a</sup>  
3a 4a 5

### Cost contribution:

#### For policyholders with general supplementary insurance

- <sup>1</sup> **general supplement:** max. CHF 70 per hour, max. CHF 3,000 per calendar year; for remedies/medicinal herbs 90% of the costs  
**plus:** 50% of the costs, max. CHF 3,000 per calendar year; for remedies/medicinal herbs 80% of the costs  
**premium:** 50% of the costs, max. CHF 6,000 per calendar year; for remedies/medicinal herbs 80% of the costs

#### For policyholders with private supplementary insurance

- <sup>2a</sup> **private supplement:** max. CHF 100 per hour, max. CHF 6,000 per calendar year; for remedies/medicinal herbs 90% of the costs  
<sup>2b</sup> **private supplement:** max. CHF 50 per hour, max. CHF 1,000 per calendar year

#### For policyholders with natura supplementary insurance

- <sup>3a</sup> **plus natura:** 80% of the costs, max. CHF 6,000 per calendar year; for remedies/medicinal herbs 80% of the costs  
<sup>3b</sup> **plus natura:** 50% of the costs, max. CHF 1,000 per calendar year

<sup>4a</sup> **premium natura:** 80% of the costs, max. CHF 10,000 per calendar year; for remedies/medicinal herbs 80% of the costs

<sup>4b</sup> **premium natura:** 50% of the costs, max. CHF 2,000 per calendar year

#### For insured persons with general supplementary insurance (Kolping)

- <sup>5</sup> **plus (Kolping):** 90% of the costs (max. CHF 150 per hour), max. CHF 1,200 per calendar year; for remedies/medicinal herbs 80% of the costs  
**alternative (Kolping):** 75% of the costs, max. CHF 7,000 per calendar year; for remedies/medicinal herbs 90% of the costs

### Please note:

the alternative services are charged at the maximum overall limit for alternative medicine. For details, see the relevant general insurance conditions, GIC, and the special conditions, SC. Alternative medical treatments of the therapist's own family members are not insured.