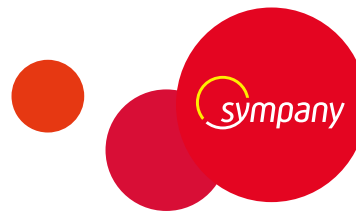




Alternative medicine therapy methods

(Status 1 January 2022)



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 www.sympany.ch/therapeuten

A

Acupressure 1 2a 3a 4a 5

Acupuncture 1 2a 3a 4a 5

Acupuncture massage 1 2a 3a 4a 5

Alexander technique 1 2a 3a 4a 5

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

Anthroposophical medicine 1 2a 3a 4a 5

Art therapy 1 2a 3a 4a 5

Asian body and energy work 2b 3b 4b 5

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

Autogenic training 1 2a 3a 4a 5

Ayurveda massage 1 2a 3a 4a 5

Ayurveda therapy 1 2a 3a 4a 5

B

Baunscheidtism 1 2a 3a 4a 5

Biodynamics 2b 3b 4b 5

Bio feedback 2b 3b 4b 5

C

Chinese medication therapy 1 2a 3a 4a 5

Colon cleansing 1 2a 3a 4a 5

Compresses/wraps/fango 1 2a 3a 4a 5

Connective tissue massage 2b 3b 4b 5

Craniosacral therapy 1 2a 3a 4a 5

Cupping 1 2a 3a 4a 5

D

Dance therapy 1 2a 3a 4a 5

Drama therapy 1 2a 3a 4a 5

E

Ear acupuncture 1 2a 3a 4a 5

Electroacupuncture 1 2a 3a 4a 5

Electrotherapy 1 2a 3a 4a 5

Etiopathy 1 2a 3a 4a 5

Eurythmy therapy 1 2a 3a 4a 5

F

Feldenkrais method 1 2a 3a 4a 5

Figure play therapy 1 2a 3a 4a 5

Foot reflex zone message 1 2a 3a 4a 5

G

Gestalt therapy 1 2a 3a 4a 5

H

Hematogenic oxidation therapy 2b 3b 4b 5

Hippotherapy/Therapeutic riding 2b 3b 4b 5

Homoeopathy 1 2a 3a 4a 5

Hydrotherapy 1 2a 3a 4a 5

I

Intermedial therapy 1 2a 3a 4a 5

K

Kinesiology 1 2a 3a 4a 5

Kneipp therapy 1 2a 3a 4a 5

L

Laser acupuncture 1 2a 3a 4a 5

Leech therapy 1 2a 3a 4a 5

M

Manual lymph drainage 1 2a 3a 4a 5

Massage techniques 1 2a 3a 4a 5

Movement and body therapy 1 2a 3a 4a 5

Moxibustion 1 2a 3a 4a 5

Music therapy 1 2a 3a 4a 5

N

Neural therapy 2b 3b 4b 5

Nutrition counselling 1 2a 3a 4a 5

O

Osteopathy 1 2a 3a 4a 5

Ozone therapy 2b 3b 4b 5

P

Painting therapy 1 2a 3a 4a 5

Phlebotomy 1 2a 3a 4a 5

Phytotherapy, incl. spagyric 1 2a 3a 4a 5

Polarity 2b 3b 4b 5

Psycho-zone massage 2b 3b 4b 5

Purging procedure 1 2a 3a 4a 5

Q

Qi-Gong 1 2a 3a 4a 5



R

Reflexology, reflex zone massage ¹
2a 3a 4a 5

Regulation therapy ^{1 2a 3a 4a 5}

Remedies/medicinal herbs (pre-scribed/dispensed by a medical practitioner, naturopath, homoeopath, TCM therapist or Ayurveda therapist) ^{1 2a 3a 4a 5}

Respiration therapy ^{2b 3b 4b 5}

Rhythmic massage ^{1 2a 3a 4a 5}

Rolfing/Structural integration ^{2b 3b}
4b 5

S

Shiatsu ^{1 2a 3a 4a 5}

Spiral dynamics ^{1 2a 3a 4a 5}

T

Tai-Chi ^{1 2a 3a 4a 5}

Therapeutic sculptural design ^{1 2a 3a 4a 5}

Therapeutic speech formation ^{1 2a}
3a 4a 5

Cost contribution:

For policyholders with general supplementary insurance

- ¹ **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

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

For policyholders with natura supplementary insurance

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

- ^{4a} **premium natura:** 80% of the costs, max. CHF 10,000 per calendar year; for remedies/medicinal herbs 80% of the costs
^{4b} **premium natura:** 50% of the costs, max. CHF 2,000 per calendar year

For insured persons with general supplementary insurance (Kolping)

- ⁵ **plus (Kolping):** 90% of the costs (max. CHF 150 per hour), max. CHF 1,200 per calendar year; for remedies/medicinal herbs max. CHF 2,000 per calendar year
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.

