

# Information sheet for myFlex Alternative Insurance.

	Premium	Balance	Economy
<b>Outpatient and inpatient treatment</b> Complementary medical treatment including recognized and prescribed medicaments (excluding nursing, board and accommodation)	75 %, max. CHF 10 000/calendar year	75 %, max. CHF 3000/calendar year	75 %, max. CHF 1000/calendar year
<b>Treatment to which limits apply</b> Some methods such as medical and classical massage with a separate limit. (marked with * in the list)	75 %, max. CHF 2000/calendar year	75 %, max. CHF 600/calendar year	75 %, max. CHF 200/calendar year

## CSS list of methods

An obligation to pay benefits on the part of CSS Versicherung AG only exists for those methods and subsidiary methods specifically indicated in the following list, which is final and exhaustive (EMR method number in parenthesis) and the therapist carrying out the treatment meets the CSS guidelines.

Acupressure (3, 417, 4171)	Dance and movement therapy	Massage techniques (118, 360, 3601)*/**
Acupunct massage (6, 401, 4011)	Hauschild-Sutter (184, 231, 2311, 2312)	Medau organic-rhythmic movement training (138)
Acupuncture (4, 5, 340, 341, 344, 3401, 3411, 3441)**	Dietetics NHP (218)	Meso therapy (120)
Alexander technique (7, 400, 4001)	Diverting procedures (28, 170, 219, 300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)**	Movement therapy integrative/clinical (32, 231, 2311, 2312)
Anmo/Tuina (8, 9, 340, 342, 344, 3401, 3421, 3441)	Dorn-/Breuss-therapy (360, 3601)	Movement and body therapy (405, 4051)
Anthroposophic medicine (10)	Dorn therapy, additional qualification (43)	Moxa/Moxibustion (123, 124)
Aquatic bodywork (402, 4021)	Drama therapy (58, 232, 2321, 2322)	Multi-step oxygen therapy (168)
Aroma therapy (11)	Ear acupuncture (135, 136)	Music therapy (127, 128, 233, 2331, 2332)
Art therapy (231, 232, 233, 234, 235)	Electrotherapy (66, 118*)**	Muscle reflex zone massage (221)*
Autogenic training (20)***	Electroacupuncture (64)	Neural therapy (only if administered by doctors and dentists)
Ayurveda nutrition counselling (23, 24, 57)	Eutony (73, 408, 4081)	Nutrition counselling (68, 69)
Ayurveda medication (25, 26)	Eurhythmic therapy (89, 410, 4101)	Nutrition therapy (300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)
Ayurveda massage (27, 28, 57, 300, 3001)	Fascia therapy (421, 4211)	Ortho bionomy (139)
Ayurveda therapy (404, 4041)	Feldenkrais therapy (78, 409, 4091)***	Osteopathy (141, 223, 2231, 2232)
Ayurveda castings (28, 300, 3001)	Foot reflexology (81, 118, 221)*	Ozone therapy (142)
Bach blossom therapy (29)	Functional Orthonomie and Integration (FOI), additional qualification (84)	Painting therapy (114, 115, 234, 2341, 2342)
Biodynamics (420, 4201)	Hatha yoga (88, 416, 4161)***	Pharmaceutical therapy (300, 320, 340, 343, 360, 3001, 3201, 3401, 3431, 3601)**
Bio-feedback (37)	Homeopathy, classic (91, 320, 3201)	Phyto therapy (145, 146)
Bio resonance therapy (38, 360, 3601)	Horse-assisted therapy (90)	Plastisch-therapeutisches Gestalten (148)
Bio resonance therapy, additional qualification (56)	Hydrotherapy (118*, 220)**	Polarity (149, 412, 4121)
Brain Gym (45)	Intermedial therapy (97, 235, 2351, 2352)	Psychomotrics (152)
Classical massage (102, 221)*	Kinesiology (100, 411, 4111)	Rebalancing (413, 4131)
Colonic irrigation (51)	Laser acupuncture (107, 108)	Reflexology massage (163, 221)*
Colonic massage (221)*	Leaching (44, 300, 360, 3001, 3601)	Reflexology (240, 360, 3601, 419, 4191)
Colour point (75)	Lymph drainage, manual (111, 118)*	Respiratory therapy (13, 403, 4031)
Colour therapy (76)		
Compresses/fomentation (204, 118*)		
Connective tissue massage (34)*		
Creative therapy (234, 2341, 2342)		
Craniosacral therapy (53, 407, 4071)		
Cupping (169, 170)		

Regulation therapy (300, 320, 340, 341, 342, 343, 344, 360, 3001, 3201, 3401, 3431, 3441, 3601)	Therapeutical speech therapy, anthroposophic (177, 232, 2321, 2322)
Rolfing/structural integration (166, 418, 4181)	Therapeutic puppetry (158)
Rhythmic massage (213, 422, 4221)*	Tomatis (190)
Shiatsu (172, 415, 4151)	Touch for Health (191)
Sophrology Bio-Dynamique/ Caycédienne (174, 214)	Trager method (192, 423, 4231)
Spiraldynamik (500, 501)	Vertebral equilibrium (206)

## Notes

Under the abbreviation EMR CSS understands the Register of Empirical Medicine (EMR Basel).

\*Treatment with restricted cover (in accordance with Section 3.2. of the Supplementary Conditions for myFlex Alternative Insurance). Payment for this treatment is included in the maximum amount for the year.

### **Restricted cover for following treatments if done by a medical masseur (118):**

Electrotherapy, Foot reflexology, Hydrotherapy, Lymph drainage, manual, Massage techniques, Compresses/fomentation

\*\*Explanations on the individual methods:

- Acupuncture includes Electro acupuncture, Laser acupuncture, Moxibustion and Ear acupuncture
- Diverting procedures includes: cupping, baunscheidt method, guasha, pruing, bleeding
- Electrotherapy as in EMR no. 66: only the conventional form
- Hydrotherapy as in EMR no. 118 and 220 includes: castings, use of water jets, baths, kneipp-water-application, balneology, compresses, fomentations, fango
- Massage techniques as in EMR nos. 118, 360 and 3601 (includes connective tissue massage, colon massage, classical massage, trigger point massage)
- Pharmaceutical therapy includes: Phyto therapy, Homeopathy functional, Bach blossom, Spagyrik, Biochemistry according to schuessler, etc.

\*\*\*Only individual therapy (and not group therapy) is covered