

Information sheet for Alternative Insurance.

(AVB 01.2017, AVB 01.2010, AVB 01.2001 and AVB 01.1997)

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)	Ear acupuncture (135, 136)	Painting therapy (114, 115, 234, 2341, 2342)
Acupunct massage (6, 401, 4011)	Electrotherapy (66, 118)*	Pharmaceutical therapy (300, 320, 340, 343, 360, 3001, 3201, 3401, 3431, 3601)*
Acupuncture (4, 5, 340, 341, 344, 3401, 3411, 3441)*	Electroacupuncture (64)	Phyto therapy (145, 146)
Alexander technique (7, 400, 4001)	Eutony (73, 408, 4081)	Plastisch-therapeutisches Gestalten (148)
Anmo/Tuina (8, 9, 340, 342, 344, 3401, 3421, 3441)	Eurhythmic therapy (89, 410, 4101)	Polarity (149, 412, 4121)
Anthroposophic medicine (10)	Fascia therapy (421, 4211)	Psychomotrics (152)
Aquatic bodywork (402, 4021)	Feldenkrais therapy (78, 409, 4091)**	Rebalancing (413, 4131)
Aroma therapy (11)	Foot reflexology (81, 118, 221)	Reflexoglogy massage (163, 221)
Art therapy (231, 232, 233, 234, 235)	Functional Orthonomie and Integration (FOI), additional qualification (84)	Reflexoglogy (240, 360, 3601, 419, 4191)
Autogenic training (20)**	Hatha yoga (88, 416, 4161)**	Respiratory therapy (13, 403, 4031)
Ayurveda nutrition counselling (23, 24, 57)	Homeopathy, classic (91, 320, 3201)	Regulation therapy (300, 320, 340, 341, 342, 343, 344, 360, 3001, 3201, 3401, 3431, 3441, 3601)
Ayurveda medication (25, 26)	Horse-assisted therapy (90)	Rolfing/structural integration (166, 418, 4181)
Ayurveda massage (27, 28, 57, 300, 3001)	Hydrotherapy (118, 220)*	Rythmic massage (213, 422, 4221)
Ayurveda therapy (404, 4041)		
Ayurveda castings (28, 300, 3001)	Intermedial therapy (97, 235, 2351, 2352)	
	Kinesiology (100, 411, 4111)	Shiatsu (172, 415, 4151)
Bach blossom therapy (29)		Sophrology Bio-Dynamique/ Caycédienne (174, 214)
Biodynamics (420, 4201)	Laser acupuncture (107, 108)	Spiraldynamik (500, 501)
Bio-feedback (37)	Leaching (44, 300, 360, 3001, 3601)	
Bio resonance therapy (38, 360, 3601)	Lymph drainage, manual (111, 118)	Therapeutical speech therapy, anthroposophic (177, 232, 2321, 2322)
Bio resonance therapy, additional qualification (56)		Therapeutic puppetry (158)
Brain Gym (45)	Massage techniques (118, 360, 3601)*	Tomatis (190)
	Medau organic-rhythmic movement training (138)	Touch for Health (191)
Classical massage (102, 221)	Meso therapy (120)	Trager method (192, 423, 4231)
Colonic irrigation (51)	Movement therapy integrative/clinical (32, 231, 2311, 2312)	
Colonic massage (221)	Movement and body therapy (405, 4051)	Vertebral equilibrium (206)
Colour point (75)	Moxa/Moxibustion (123, 124)	
Colour therapy (76)	Multi-step oxygen therapy (168)	
Compresses/fomentation (204, 118)	Music therapy (127, 128, 233, 2331, 2332)	
Connective tissue massage (34)	Muscle reflex zone massage (221)	
Creative therapy (234, 2341, 2342)		
Craniosacral therapy (53, 407, 4071)	Neural therapy (only if administered by doctors and dentists)	
Cupping (169, 170)	Nutrition counselling (68, 69)	
	Nutrition therapy (300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)	
Dance and movement therapy		
Hauschild-Sutter (184, 231, 2311, 2312)	Ortho bionomy (139)	
Dietetics NHP (218)	Osteopathy (141, 223, 2231, 2232)	
Diverting procedures (28, 170, 219, 300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)*	Ozone therapy (142)	
Dorn-/Breuss-therapy (360, 3601)		
Dorn therapy, additional qualification (43)		
Drama therapy (58, 232, 2321, 2322)		

Notes

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

*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