

Health promotion. Health Insurance Livo Top and Livo Smart.

CSS pays a share of the cost of the health promotion offers from various providers listed below under "Health Insurance Livo Top" and "Health Insurance Livo Smart" supplementary insurance, taking into account the cost participations and maximum amounts indicated.

Cost participation and maximum amount
(see Art. 2.1.6 SC)

min. 50%, max. CHF 300 per calendar year

The obligation to pay benefits is governed by the General Insurance Conditions (GIC) and the Supplementary Conditions (SC) of "Health Insurance Livo Top" and "Health Insurance Livo Smart".

The following list is compiled by CSS and may be amended unilaterally by CSS (see Art. 40.2 GIC).

Offer	Recognised providers	Cost participation and maximum amount
Aquafit, aqua aerobics	Certified providers and quality labels (Qualitop, Fitness-Guide, CourseActive), Rheumaliga Schweiz (<i>Swiss League Against Rheumatism</i>), Pro Senectute and other CSS-recognised providers	50%, max. CHF 300 per calendar year
Back exercise, Spiraldynamik, posture exercise	Certified providers and quality labels (Qualitop, Fitness-Guide, CourseActive), Rheumaliga Schweiz (<i>Swiss League Against Rheumatism</i>), Pro Senectute and other CSS-recognised providers	
Bekhterev gymnastics and swimming	Swiss Ankylosing Spondylitis Association (SVMB) and other CSS-recognised providers	
Breathing courses, breath training	Certified providers and quality labels (Qualitop, EMR, CourseActive), members of the Swiss Association of Breathing Therapists (AFS), Swiss lung leagues, Pneumofit and other CSS-recognised providers	
Cancer League courses	Cancer League	
Courses for the bladder and pelvic floor	All providers	
Cross-country skiing lessons	All providers	
Dance classes	Members of TanzVereinigung Schweiz (<i>Swiss Dance Association/TVS</i>), certified providers and quality labels (Qualitop, Fitness-Guide, CourseActive)	
Exercise and swimming for heart patients	Schweizerische Herzstiftung (<i>Swiss Heart Foundation</i>)	
Fall prevention, balance training	Pro Senectute, Rheumaliga Schweiz (<i>Swiss League Against Rheumatism</i>), Schweizerische Gesellschaft für Qigong und Taijiquan (<i>Swiss Society for Qigong and Taijiquan/SGQT-ASQT</i>) and other CSS-recognised providers	
Feldenkrais	Certified providers and quality labels (Qualitop, EMR, CourseActive), members of the Swiss Feldenkrais Association (SFV), Rheumaliga Schweiz (<i>Swiss League Against Rheumatism</i>) and other CSS-recognised providers	
Fitness centre memberships (monthly, six-monthly or annual) and fitness classes	Certified providers and quality labels (Qualitop, Fitness-Guide, FitSafe, CourseActive)	
Group programmes for overweight children and young people	Members of the Fachverband Adipositas im Kindes- und Jugendalter (<i>Swiss Association for Childhood and Teen Obesity/AKJ</i>)	
Nutrition (group classes, individual advice, digital support)	Members of the Swiss Association of Registered Dieticians (SVDE-ASDD), outpatient nutritionists at hospitals, LEALY, SalutaCoach, Noom, Betty Bossi, eBalance and other CSS-recognised providers	

Offer	Recognised providers	Cost participation and maximum amount
Osteoporosis prevention courses/osteogym	Certified providers and quality labels (Qualitop, Fitness-Guide, CourseActive), Rheumaliga Schweiz (<i>Swiss League Against Rheumatism</i>) and other CSS-recognised providers	50%, max. CHF 300 per calendar year
Pilates	Certified providers and quality labels (Qualitop, Fitness-Guide, FitSafe, CourseActive)	
Stop smoking (group courses and individual advice)	Cancer League, Liga Leben und Gesundheit (<i>Life and Health League</i>), Lung League, Allen Carr's Easyway, cantonal health offices, TopPharm pharmacies, medinform certified pharmacies, abaris and other CSS-recognised providers	
Tai chi and qigong	All providers	
Visual training	All providers	
Water familiarisation and swimming for children with respiratory tract problems	Swiss Lung League	
Yoga	Members of Yoga Schweiz (<i>Yoga Switzerland</i>) and yoga instructors from the Swiss Yoga Association, members of Iyengar Yoga Schweiz (<i>Iyengar Yoga Switzerland</i>), certified providers and quality labels (Qualitop, Fitness-Guide, CourseActive, EMR) and other CSS-recognised providers	
Zilgri	All providers	

Additional notes

- Information about any other providers recognised in accordance with Art. 2.1.6 SC of "Health Insurance Livo Smart" and "Health Insurance Livo Top" may be obtained from the Client Service Centre, the agencies or via the myCSS portal.
- These offers are group classes unless indicated otherwise.

We are here for you and happy to help:

Client Service Centre 0844 277 277

css.ch/agency

css.ch/livo

