

Prevention offers. Prevention Insurance Livo.

CSS pays a share of the cost of the prevention offers from various providers listed below under "Prevention Insurance Livo" supplementary health insurance, taking into account the cost participation and maximum amounts indicated.

Cost participation and maximum amount (see Art. 2.3 SC)

min. 50%, max. CHF 500 per calendar year

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

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
Allergy advice, allergy check	aha! Swiss Allergy Centre, pharmacies (Amavita, Coop Vitality and Sunstore)	50%, max. CHF 500 per calendar year
Asthma Check	Certified Asthma Check in pharmacies	
Autogenic training	Swiss psychotherapists and doctors, Schweizerische Gesellschaft für autogenes Training (<i>Swiss Society of Autogenic Training SAT</i>), Members of the Schweizer Fachverband für autogenes Training (<i>Swiss Umbrella Association for Autogenic Training VPT</i>), certified providers and quality labels (Qualitop, Fitness-Guide, EMR, CourseActive)	
Baby care and baby massage (under age 1)	All providers	
Cardio Explorer heart health test	Exploris Health AG in cooperation with partner practices	
Emergencies involving infants	Swiss Samaritans, doctors, Registered Paramedics with Advanced Federal Diploma of Higher Education	
Emergency and first aid courses	All providers	
Exercise and development classes for children (under age 5)	All providers	
Eye check-up	ocumeda in cooperation with partner opticians	
Genetic analysis (lifestyle)	INTLAB AG / SONOGEN, Labor Dr. Risch AG, Gene Predictis SA, ProGenom GmbH	
Herzcheck heart health check	Schweizerische Herzstiftung (<i>Swiss Heart Foundation</i>) in collaboration with pharmacies	
Sophrology (group courses and counselling)	All providers	
Stress management courses (MBSR/MBCT)	Swiss psychologists, psychotherapists and doctors specialising in psychiatry, members of the Swiss MBSR Association, paarlife trainers and other CSS-recognised providers	
stressfit and SweetDreams	MeinStressCoach	
Swimming lessons for children (under age 17)	All providers	

Additional notes

- Information about any other providers recognised in accordance with Art. 2.3 SC of "Prevention Insurance Livo" 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

