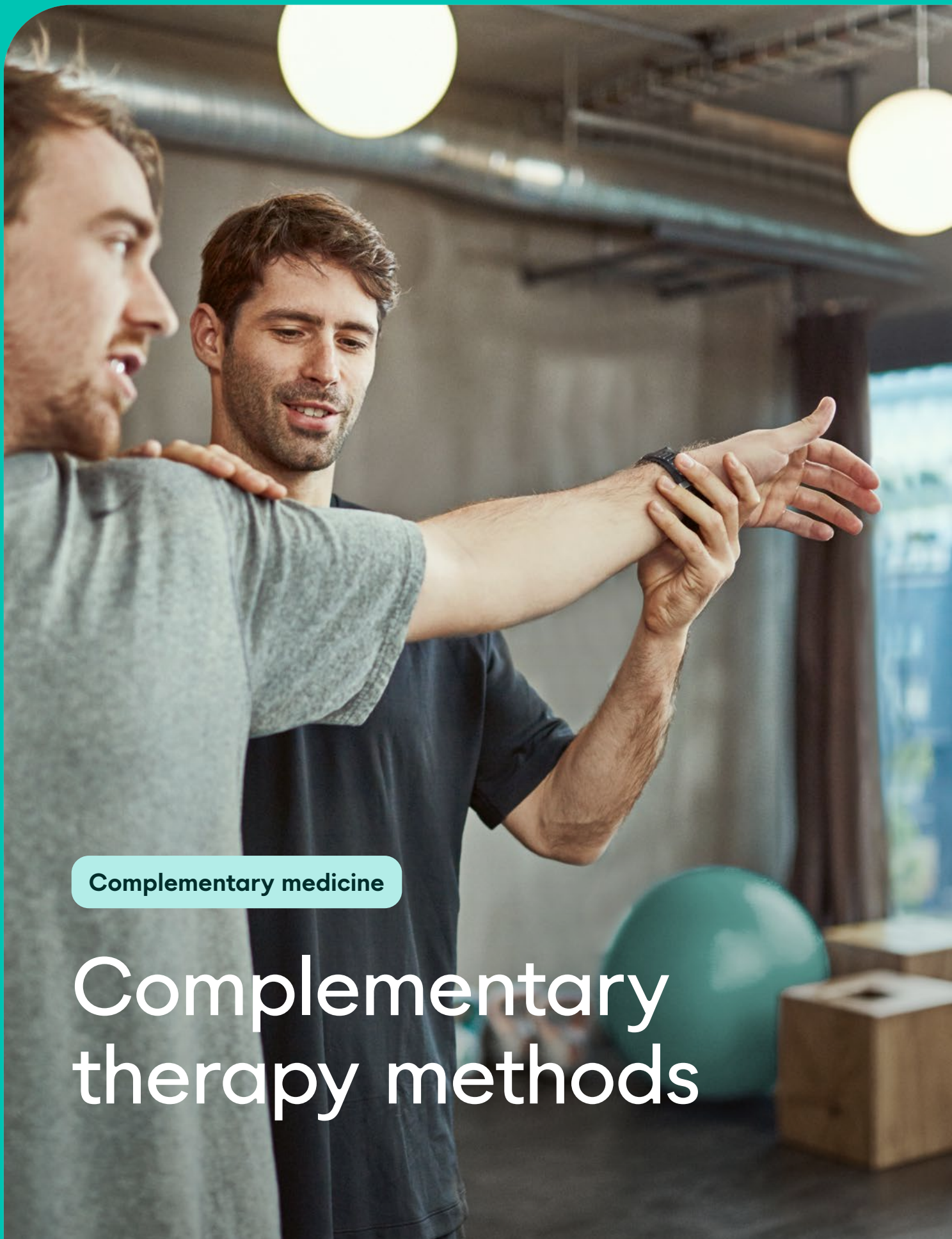
SWICA



Complementary medicine

Complementary therapy methods

Overview

We take the same view as Hippocrates: anything that benefits your health is a good thing. That's why we support complementary therapy methods and put them on an equal footing with conventional medicine.

Benefits

- We cover the costs of the complementary methods listed below, provided that a doctor or therapist we recognise administers them for the purpose of treating an illness or the consequences of an accident.
- We reimburse the services of doctors and therapists we recognise up to a maximum of 80 francs per hour under our Completa Top plan or 120 francs per hour under Completa Forte.
- The Optima plan covers any costs that exceed this amount. Benefits can also be received in other countries provided the therapists are trained to an equivalent standard in accordance with our quality standards.
- The Infortuna (worldwide insurance for private patients) plan covers insured costs arising from accidents or the consequences thereof that are excluded from mandatory health (basic insurance) or accident (UVG), military or disability insurance. Benefits can also be received in other countries provided the therapists are trained to an equivalent standard in accordance with our quality standards.

Co-payments

Under the General Insurance Conditions (GIC) and the Supplementary Conditions (SC) for Completa Top and Completa Forte, SWICA applies a 10% deductible to all insured persons (up to a maximum of 700 francs for adults, 350 francs for children) for complementary therapies or treatments. Adults can also choose between no excess or an excess of 600 francs. For children below the age of 18 we do not charge any excess. Under an Optima plan, we charge all insured persons the same annual excess as for mandatory (basic) healthcare insurance plus a 10% deductible (up to a maximum of 700 francs for adults and 350 francs for children).

Your exclusive advantage with us: transparent and favourable co-payments

SWICA is the only health insurer that applies co-payments from basic insurance to those of your supplementary insurance with us, which means your maximum annual co-payments will be much lower compared to other health insurers.

SWICA therapist directory

We have a directory of recognised therapists that we continuously update. Customers can view it or request extracts from it.
You can find all of our recognised therapists online at: **swica.ch/therapy**

SWICA-recognised therapy methods

A

- Acupressure therapy
- Acupuncture[1,2]
- Acupuncture massage therapy
- Alexander technique
- Anthroposophic medicine/ therapies[1,6]
- Anthroposophic music therapy
- Anthroposophic painting therapy
- Aquatic body work
- Aromatherapy[7]
- Arts and crafts therapy
- Audio-psycho-phonology/ tomatis[7]
- Autogenic training[7]
- Autologous blood therapy (excl. platelet-rich plasma therapy)[6,7]
- Ayurveda massage[4]
- Ayurvedic herbal therapy[4]
- Ayurvedic medicine/therapies[4]

B

- Bach flower therapy[3]
- Baunscheidt therapy[3]
- Biodynamics
- Biofeedback
- Bioresonance therapy[7]
- Bloodletting[3]
- Boeger therapy[3,5]
- Bowtech

C

- Colon hydrotherapy[7]
- Colon massage[3,5]
- Colour puncture[7]
- Colour therapy[7]
- Connective tissue massage[3,5]
- Craniosacral therapy
- Cupping[2,3]
- Curative eurythmy

D

- Dance and movement therapy according to Hauschild-Sutter
- Dance therapy
- Detoxifying procedures[3]
- Dorn therapy[3,5]
- Drama therapy

E

- Ear acupuncture[2]
- Electroacupuncture[2]
- Electrotherapy[7]
- Eutony Gerda Alexander
- Eye and iris diagnostics[3]

F

- Fango[3,5]
- Fasciatherapy
- Feldenkrais therapy
- Foot reflexology massage
- Functional orthonomy and integration

H

- Haematogenic oxidation therapy[6,7]
- Herbal medicine TCM[1,2]
- Homeopathy
- Hydrotherapy[3,5]

I

- Intermedial therapy

K

- Kinesiology
- Kneipp therapy[3,5]

L

- Laser acupuncture[2]
- Leech therapy[3]
- Light therapy[7]

M

- Magnet therapy[7]
- Manual lymphatic drainage (therapeutic)
- Massage (therapeutic)
- Movement therapy
- Moxa/Moxibustion[2]
- Music therapy
- Myofunctional therapy

N

- Neural therapy[6]
- Nutritional therapy Ayurveda[4]
- Nutritional therapy TCM[2]

O

- Organic rhythmic movement (Medau)
- Ortho-Bionomy
- Orthomolecular therapy[7]
- Osteopathy/etiopathy
- Oxygen multistep therapy (excl. IHHT)[3,7]
- Ozone therapy[6,7]

P

- Painting therapy
- Polarity
- Puppet play therapy

Q

- Qigong[2]

R

- Rebalancing[7]
- Reflexology
- Regulative therapy[2,3,4]
- Respiratory therapy

SWICA-recognised therapy methods

S

- Shiatsu
- Sophrology Caycédienne/ biodynamics
- Spagyrics[3]
- Spinal column therapy
- Spiral dynamics
- Structural integration/Rolfing

T

- Tai chi
- Thai massage
- Therapeutic modelling
- Therapeutic riding/ horse-assisted therapy
- Therapeutic speech formation
- Tibetan medicine
- Traditional Chinese Medicine (TCM)[1,2]
- Traditional European Naturopathy (TEN)[3]
- Trager method
- Tui Na/An Mo[2]

U

- Ultraviolet irradiation of blood[6,7]

W

- Western herbal medicine[1,3]
- Western nutritional therapy[3]
- Wraps/compresses[3,5]

Y

- Yoga therapy

Supplementary notes/legend

[1] Acupuncture, anthroposophic medicine, Traditional Chinese Medicine (TCM), classical medical homeopathy and herbal medicine: When therapy is administered by a doctor certified in the discipline, we reimburse the costs under mandatory health insurance, based on the rate of the canton of residence.

We reimburse the following therapy methods, techniques or diagnostic methods if administered

[2] by a doctor or TCM therapist we recognise.
[3] by a doctor or TEN therapist we recognise.
[4] by a doctor or Ayurveda therapist we recognise.
[5] by a medical masseur or masseuse we recognise.
[6] exclusively by a doctor we recognise.
[7] as a secondary form of treatment, i.e. if another therapy takes precedence.

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