



Supplemental health insurance

Optimum

Optimal coverage in all circumstances

➤ The supplemental insurance that offers women support and ease of mind with a broad range of services.

How does it work

Optimum contributes to your healthcare costs such as gynaecological check-ups, a doula as part of childbirth support, alternative medicine, scar correction, sports activities or household help. Optimum also supports you with various preventive measures.

Optimum provides **maximum flexibility**:

- **No age limit** for signing up
- **Optional deductible** of CHF 150
- **Child discount** if one parent signs up to Optimum

In cooperation with

ellexx

groupe**mutuel**

> Main benefits covered

Enjoy the best possible support at every stage of your life - for example:



Alternative medicine

75% max. CHF 3,000 per year (of which max. CHF 1,200 for childbirth support by a doula)



Preventive gynaecological examinations / Mammograms / Ultrasounds

90%



Glasses

CHF 100 per year for children and CHF 250 every three years for adults



Membership for a sports or fitness club, or prevention (e.g. against falls)

50% max. CHF 200 per year



Home help

90% max. CHF 2,500 per year



Outpatient surgery

CHF 150 per year for a comfort upgrade, hotel accommodation, transport or parking costs

Did you know?

Optimum also supports you with **preventive measures** such as:

- o purchases from pharmacies (e.g. sun cream, smoking substitutes, allergy tests, etc.)
- o breast cancer screening
- o genetic tests (e.g. assessment of risk of thrombosis related to the use of the pill)
- o fall prevention courses or anti-slip shoe pads for people aged 60 and over

Find the full list of other prevention measures covered by Optimum on our website.



Learn more:

www.groupemutuel.ch/en/ellexx

groupemutuel

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