

## Alternative medicine therapies recognised by Groupe Mutuel as part of "Optimum" and "Premium" supplemental insurance products

The following therapies are covered as long as they are provided by a licensed doctor or a therapist recognised by Groupe Mutuel.

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| <p><b>A</b> Acupressure<br/>Acupuncture<br/>Alexander Technique<br/><b>An-Mo/Tui-Na massage</b><br/>Anthroposophic medicine<br/>Aromatherapy<br/>Auriculotherapy<br/>Autogenic training<br/><b>Ayurvedic massage</b><br/>Ayurvedic remedies</p>   | <p><b>I</b> Intermediate therapy<br/>Iridology</p>  |
| <p><b>B</b> Baunscheidt method<br/>Biodynamics / Biodynamic psychology<br/>Bioresonance<br/>Blood oxidation therapy<br/>Breathing</p>   | <p><b>K</b> Kinesiology<br/>Kneipp therapy / Hydrotherapy</p>   |
| <p><b>C</b> Cataplasms / Wraps<br/>Chromotherapy / Color therapy<br/><b>Classical massage</b><br/>Colonic irrigation / Colon hydrotherapy<br/><b>Connective tissue massage</b><br/>Cranio-sacral therapy<br/>Curative Eurythmy</p>  | <p><b>L</b> Leeching<br/>Lymphatic drainage</p>   |
| <p><b>D</b> Dance and movement therapy<br/>Detoxification method<br/>Drama and Speech Therapy<br/>Doula - perinatal support<br/><i>(Coverage of the costs of prenatal and postnatal support sessions and attendance during childbirth, up to a maximum of CHF 1,200 per pregnancy for qualified doulas certified by the Association Doula Ch (<a href="http://www.doula.ch">www.doula.ch</a>). Coverage for non-medically assisted births is excluded.)</i></p> | <p><b>M</b> Magnetism / Biomagnetism<br/>Magnetic therapy<br/><b>Massage therapy</b><br/><b>Medical massage</b><br/><b>Meridian massage</b><br/><b>Metamorphic massage</b><br/>Moxa / Moxibustion<br/>Music therapy</p>                         |
| <p><b>E</b> Electrotherapy<br/><b>Empirical massage</b><br/>Energy rebalancing<br/><b>Esalian massage</b><br/>Etiopathy<br/>Eutony</p>  | <p><b>N</b> Naturopathy<br/>Nutritional advice</p>  |
| <p><b>F</b> Fasciatherapy<br/><b>Foot reflex zone massage</b></p>   | <p><b>O</b> Ortho-Bionomy<br/>Osteopathy<br/>Ozone Therapy</p>  |
| <p><b>G</b> Gestalt therapy</p>   | <p><b>P</b> Phytotherapy<br/>Plastic and visual mediation therapy<br/>Polarity<br/>Postural integration</p>   |
| <p><b>H</b> Hematogenous oxygen therapy<br/>Homeopathy</p>  | <p><b>R</b> Rebirthing<br/>Reflexology<br/>Reflexotherapy<br/>Reiki<br/><b>Rhythmic massage</b><br/>Rolfing / Structural integration</p>  |
|   | <p><b>S</b> Shiatsu<br/>Sophrology<br/>Sympathy therapy</p>   |
|   | <p><b>T</b> <b>Thai massage</b><br/><b>Therapeutic massage</b><br/>Therapeutic painting<br/>Therapeutic plastic modeling<br/>Tomatis/Audio-psycho-phonology<br/>Touch for Health<br/>Traditional Chinese Medicine<br/><b>Trager massage</b></p> |

## **Restrictions on benefits**

### **Optimum supplemental insurance**

The costs of alternative medical treatments are covered up to 75%, max. CHF 3,000 per calendar year, of which max. CHF 500 per calendar year for massages (in bold above).

### **Premium supplemental insurance**

The costs of alternative medical treatments are covered up to 90%, max. CHF 5,000 per calendar year, of which max. CHF 1,000 per calendar year for massages (in bold above).