

Our advice

I am performing military or civilian service

During your military or civilian service, you will be covered by military insurance and will not have to pay your basic health insurance premiums.

How do I suspend my compulsory health insurance during military or civilian service?

You can suspend your basic health insurance as soon as you receive a marching or civilian service order for a **period of at least 61 consecutive days**.

To do so, you must **send us a copy** of your marching order or convocation, indicating your surname, first name, client number or AVS/AHV number and date of birth:

- › by email: clients@groupemutuel.ch
- › by post: Groupe Mutuel, Rue des Cèdres 5, P.O. Box, 1919 Martigny

Once we receive this document, a confirmation of suspension will be sent to you.

To update your records and to allow us to confirm the suspension of your compulsory health insurance, we also need to receive a copy of the service record booklet that will be presented to you at the end of your service. Otherwise, we will be required to cancel the suspension of your basic insurance and will continue to send you invoices for your premiums.

What do you have to bear in mind when suspending your basic insurance?

- › **You may suspend your basic insurance** provided that your period of service is **at least 61 consecutive days** (Art. 3, para. 4 of the Federal Law on Health Insurance - LAMal/KVG).
- › The coverage of **medical benefits payable under the compulsory health insurance (LAMal/KVG)** will be suspended during the service period.
- › Any **change in the duration of your incorporation** must be announced in order to prevent your insurance coverage from being discontinued.
- › **Any supplemental insurance** under the Federal Law on Insurance Contracts (LCA/VVG) will remain in force for the duration of your service and you will continue to receive premium invoices.

Please do not hesitate to contact us if you have any questions.

Best regards,

Groupe Mutuel

A portal and app to make your life easier

GMnet and GMapp

No more paperwork!

Manage your contracts, modify your data and monitor your expenses from your computer or mobile phone. Our customer area is available as a GMnet web portal and a free GMapp mobile application.

Your health insurance within easy reach



Overview

You have an overview of the insurance account for all family members.



My requests

You are able to view all the requests you send through your profile.



Electronic transfer

You are able to transfer electronically documents such as invoices, referral vouchers or letters.



Account status

You may view your account status and manage your payment deadlines.



Learn more about GMnet and GMapp

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Mail clients@groupemutuel.ch

Web www.groupemutuel.ch

Groupe Mutuel

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Groupe Mutuel Assurances GMA SA – Mutuel Assurances SA – Groupe Mutuel Vie GMV SA
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