

Customer information

Valid as of 01.01.2020 (replaces all previous versions)

Information sheet for myFlex Alternative Insurance.

	Economy	Balance	Premium
Outpatient and inpatient treatment Complementary medical treatment including recognized and prescribed medicaments (excluding nursing, board and accommodation)	75 %, max. CHF 1000/calendar year	75 %, max. CHF 3000/calendar year	75 %, max. CHF 10 000/calendar year
Treatment to which limits apply Some methods such as medical and classical massage with a separate limit. (marked with * in the list)	75 %, max. CHF 200/calendar year	75 %, max. CHF 600/calendar year	75 %, max. CHF 2000/calendar year

CSS list of methods

An obligation to pay benefits on the part of CSS Versicherung AG only exists for those methods and subsidiary methods specifically indicated in the following list, which is final and exhaustive (EMR method number in parenthesis).

Acupoint massage (6, 401, 4011)	Drama and speech therapy (58, 177, 232, 2321)	Painting therapy (114, 115, 234, 2341)
Acupressure (3, 417, 4171)	Electrotherapy (66)**	Phyto therapy (145)
Acupuncture (4)**	Eurhythmic therapy (89, 410, 4101)	Polarity (149, 412, 4121)
Alexander technique (7, 400, 4001)	Eutony (73, 408, 4081)	Psychomotorics (152)
Anmo/Tuina (8)	Feldenkrais therapy (78, 409, 4091)	Reflexology (240, 419, 4191)*
Anthroposophic medicine (10)	Foot reflexology (81)*	Reflexology massage (163)*
Aroma therapy (11)	Hatha yoga (88, 416, 4161)	Respiratory therapy (13, 403, 4031)
Autogenic training (20)	Homeopathy, classic (91, 320, 3201)	Rhythmic massage (213)
Ayurveda nutrition counselling (23, 57)	Intermedial therapy (97, 235, 2351)	Rolfing/structural integration (166, 418, 4181)
Ayurveda medication (25)	Kinesiology (100, 411, 4111)	Shiatsu (172, 415, 4151)
Ayurveda massage (27, 57)	Laser acupuncture (107)	Sophrology (174, 214)
Bach blossom therapy (29)	Leaching (44)	Spiraldynamik (500, 501)
Baunscheidt therapy (31)	Lymph drainage, manual (111)*	Therapeutic modelling (148)
Bio-feedback (37)	Medau organic-rhythmic movement training (138)	Therapeutic puppetry (158)
Bio-resonance (38)	Meso therapy (120)	Tomatis (190)
Brain Gym (45)	Moxibustion (123)	Touch for Health (191)
Classical massage (102)*	Multi-step oxygen therapy (168)	Trager method (192)
Colonic irrigation (51)	Music therapy (127, 128, 233, 2331)	Vertebral equilibrium (206)
Colour point (75)	Neural therapy (only if administered by doctors and dentists)	
Colour therapy (76)	Ortho bionomy (139)	
Compresses/fomentation (204)	Osteopathy (141, 223, 2231)	
Connective tissue massage (34)*	Ozone therapy (142)	
Craniosacral therapy (53, 407, 4071)		
Cupping (169)		
Dance and movement therapy (32, 184, 231, 405, 2311, 4051)		

Groups of methods

Ayurveda (Ayur.) (22, 300, 404, 3001, 4041)

consisting of the following methods:

- Ayurveda massage (28)
- Ayurveda medication (26)
- Ayurveda nutrition counselling (24)

Medical massage (med. masseur FA) (118)*

consisting of the following methods:

- Classical massage (103)*
- Compresses/fomentations (205)*
- Connecting tissue massage (35)*
- Dorn-Therapie (43)*
- Electrotherapy (67)*/**
- Foot reflexology (82)*
- Hydrotherapy (95)*/**
- Lymph drainage, manuelle (112)*

Naturopathy techniques (NHP) (131, 132, 360, 3601)

consisting of the following methods:

- Dietetics (218)
- Ear acupuncture (135)
- Hydrotherapy (220)**
- Massage techniques (221)**
- Withdrawal treatment (219)**

Traditional Chinese medicine (TCM) (185, 340, 3401)

consisting of the following methods:

- Acupuncture (5, 341, 344, 3441)**
- Anmo/Tuina (9, 342, 344, 3441)
- Cupping (170)
- Ear acupuncture (136)
- Electroacupuncture (64)
- Laser acupuncture (108)
- Moxibustion (124)
- Nutrition counselling (69)
- Phytotherapy (146, 343, 3431)

Notes

Under the abbreviation EMR CSS understands the Register of Empirical Medicine (EMR, Basel).

* Treatment with restricted cover (in accordance with Section 3.2. of the Supplementary Conditions for myFlex Alternative Insurance). Payment for this treatment is included in the maximum amount for the year.

** Explanations on the individual methods:

- Acupuncture as in EMR nos. 4 and 5: corresponds to classical physical acupuncture
- Withdrawal treatment as in EMR no. 219 includes the following methods: Baunscheidt method, leaching, cupping
- Electrotherapy as in EMR nos. 66 and 67: only the conventional form
- Hydrotherapy as in EMR nos. 95 and 220 includes: use of water jets, baths, compresses/fomentations
- Massage techniques as in EMR no. 221 includes: classical massage, colonic massage, reflexology, foot reflexology, muscle reflex zone massage