

Press release of 20 June 2019

Zurich/Winterthur

## **Sanitas and Medbase: “Working together for a healthy life”**

**Sanitas health insurance and healthcare provider Medbase are strengthening their partnership. The first milestone in their long-term cooperation is the launch of a joint health promotion platform with seven attractive offers.**

As a health insurer, Sanitas is committed to promoting the health of its customers and developing innovative insurance models. Migros subsidiary Medbase is a healthcare provider with a broad base of services for basic medical care, therapy and pharmaceuticals. The company also offers a wide range of preventive care services for private and corporate customers.

The goal of the long-term partnership is to develop tailor-made products and services to meet customers' current and future health requirements, with a view to delivering end-to-end solutions. The first result is the launch of a health promotion programme under the motto “Working together for a healthy life”.

### **Seven preventive care and health offers**

Sanitas customers can book one of seven preventive care and health offers either free of charge or at a special price. In addition to the Medbase Group, offers are also provided by the Migros club schools and Migros fitness centres:

- Medbase Physio Check: Personal advice from a physiotherapist with a tailored, individual training plan.
- Medbase Stress Check: Heart rate measured and analysed by an expert. The aim is to help users feel more energised, to boost motivation and improve performance.
- Topwell & mycoach intensive programme: Digital 4-week programme with the aim of losing weight for good, learning about healthy eating and changing habits.
- Migros Fitness@home: 12-month membership for a video-based fitness programme from any location. It includes over 1,000 courses for customers to choose from.
- Migros Club School: Club School voucher worth CHF 150 towards a fitness or relaxation course.
- Psychological Balance: Sanitas online coaching programme for balanced mental health. There are programmes for sleeping disorders, depressive moods and anxiety.
- Sanitas Coach app: 1:1 coaching via a digital chatbot. The app focuses on blood pressure, exercise, diet and relaxation.

### **Attractive offers for customers**

Sanitas CEO Dr Andreas Schönenberger is fully behind the health promotion programme: “We look forward to offering our customers attractive deals and helping them to stay fit and healthy.”

Medbase CEO Marcel Napierala is also pleased with the new collaboration: “The products and services help customers lead a healthy life and encourage them to focus on preventive healthcare.”

### **Further information**

- More information on the health promotion programme: <http://sanitas.com/faqs>

**About Sanitas**

The Sanitas Group ([www.sanitas.com](http://www.sanitas.com)) runs both a basic insurance (Sanitas Grundversicherungen AG and Compact Grundversicherungen AG) and supplementary insurance business (Sanitas Privatversicherungen AG). With around 835,000 customers and a premium volume of CHF 2,9 billion, Sanitas is one of the biggest health insurers in Switzerland.

**For more information**

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**Medbase Group**

As the leading healthcare provider for outpatient care, the Medbase Group operates over 50 medical centres throughout Switzerland. The Group now also includes the 42 Topwell pharmacies. In total, some 1,700 employees provide a full range of health services, taking in everything from preventive care and acute medicine to rehabilitation. Around 300 family doctors and specialists, over 360 therapists and 140 pharmacists work together in the Group. For companies, Medbase Corporate Health offers specific consultations and end-to-end projects for occupational health management at [www.medbase.ch](http://www.medbase.ch).

**For more information**

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