

Natura Komfort

Measure	Healthcare provider	Contribution
Fitness centre membership of at least 6 months (equipment-based strength and endurance training)	Fitness centre with quality label/certification: – Qualitop or QualiCert ¹ – Fitnessguide minimum rating of 3 stars part time care	50%, max. CHF 200, per health promotion measure; total contribution of max. CHF 500 per calendar year
Courses: aerobics, aqua training, CSS pilates, Nordic walking, walking	Course provider with quality label/certification: – Qualitop or QualiCert ¹	50%, max. CHF 200, per health promotion measure; total contribution of max. CHF 500 per calendar year
Courses: Aquawell, Aquacura, Osteogym	– Rheumaliga	50%, max. CHF 200, per health promotion measure; total contribution of max. CHF 500 per calendar year

¹Following the separation of Qualitop and QualiCert in 2021, some fitness centres/course providers may now be only Qualitop or only QualiCert certified (previously all QualiCert-certified fitness centres/course providers automatically had the Qualitop-label). Sanitas currently reimburses the insured amount for both Qualitop and QualiCert-certified fitness centres/course providers.