

Classic, Family, Jump

List valid as of 1 January 2022 (date benefit is drawn is decisive)

| Measure | Healthcare provider | Contribution |
|--|---|--|
| Fitness centre membership of at least 6 months for 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 | Max. CHF 200 per calendar year (total for fitness centres and courses) |
| Courses: fitness ² (zumba, (power) yoga, body toning, Breakletics®, ballet workout, all types of aerobics, Callanetics, bootcamp, CrossFit, outdoor training, functional training), pelvic floor training, callisthenics (fascia training, functional movement training, Slings in Motion), all types of water aerobics, aqua training, EMS, endurance training (circuit training, H.I.I.T, kettlebell training, M.A.X, Spinning, TaeBo, TRX), pilates, CSS-pilates, nordic walking, walking | Course provider with quality label / certification: – Qualitop or QualiCert ¹ | |
| fitness ² (fit-Gym, running, all types of aerobics, all types of water aerobics, endurance training (circuit training, H.I.I.T, kettlebell training, M.A.X, Spinning, TaeBo, TRX, zumba), (power) yoga), pilates, CSS-pilates, pelvic floor training, callisthenics (fascia training, functional movement training, Slings in Motion), nordic walking, walking | – Fitnessguide minimum rating of 3 stars part time care | |
| aquawell, aquacura, aquakombi, aquajogging, aquafitness, osteogym, fascia training | – Rheumaliga | |

¹Fitness (centre) accreditation: Qualitop / QualiCert

Following 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.

²Course category “Fitness”

Course providers can be certified in different course categories depending on the service offered. For costs to be covered, the certification must be explicitly in the course category “Fitness”, even if there may be a separate certification (e.g. yoga) for the course category in question.

Example:

- Yoga course provider with “Fitness” certification: costs covered
- Yoga course provider with “Yoga” certification: costs not covered



The conditions that must be met for costs to be covered are set out in the applicable general terms of insurance and the supplementary terms as stated in the policy document.
This insurance cover is valid in Switzerland.