

Natura Komfort

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	50%, max. CHF 200, per health promotion measure; total contribution of max. CHF 500 per calendar year
Courses: fitness ² (power yoga, zumba, pilates, body toning etc.), aqua training, CSS-pilates, nordic walking, walking	Course provider with quality label / certification: – Qualitop or QualiCert ¹	
Courses: fitness ² (aerobic, fit gym, power yoga, pilates etc.), aqua fitness, pilates, nordic walking, walking <i>except dance classes</i>	Course provider with quality label / certification: – Fitnessguide minimum rating of 3 stars part time care	
Courses: aquawell, aquacura, osteogym	Course provider: – 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