

# List of recognised therapy methods and conditions for healthcare providers

Valid as of 1 January 2021

Sanitas reimburses costs for alternative therapy methods recognised by Sanitas for the treatment of illness or conditions resulting from an accident. Treatments provided on a preventive basis are not covered.

<b>A</b>	<b>E</b>	<b>L</b>
Acupressure	Electro acupuncture according to Voll (EAV)/ bioelectronic functional diagnostics (IB)	Laser acupuncture (IB)
Acupuncture massage	Electroacupuncture	Leech therapy <sup>2</sup>
Acupuncture <sup>1</sup>	Electrotherapy (IB) <sup>4</sup>	Lymphatic drainage, manual (massage *) <sup>4</sup>
Alexander technique	Empirical massage*	<b>M</b>
An Mo/Tui Na	Esalen massage	Magnetic field therapy (IB)
Anthroposophical medicine <sup>1</sup>	Eurythmy therapy	Massage practices/therapeutic massage* <sup>2,4</sup>
Aromatherapy	Eye and iris diagnostics <sup>2</sup>	Medical massage* <sup>4</sup>
Atlas (methods): atlaslogy, AtlasProaxis	<b>F</b>	Medicinal herb therapy (phytotherapy) <sup>1,2</sup>
Auriculotherapy	Fascia therapy (massage*)	Meridian therapy
Ayurveda medicine (AVM)* <sup>2</sup>	Feldenkrais therapy	Microkinesi therapy
<b>B</b>	Foot zone therapy* <sup>4</sup>	Moxa/moxibustion
Bach flower remedies* <sup>2</sup>	Foot zone therapy/reflexology*	Muscle reflexology massage*
Bioresonance therapy (IB)	<b>G</b>	(Anthroposophical) music therapy
<b>C</b>	Gerda Alexander eutony method	
Classical massage* <sup>4</sup>	<b>H</b>	<b>N</b>
Colon hydrotherapy (IB)	Haematogenous oxidation therapy (IB) <sup>3</sup>	Naturopathic practices <sup>2</sup>
Craniosacral therapy	Hausschild-Sutter movement and dance therapy, integrated/clinical	Naturopathy <sup>2</sup>
Cross-media therapy	Homeopathy (complex/classic <sup>1</sup> )	Neural therapy <sup>3</sup>
<b>D</b>	Hydro massage* <sup>4</sup>	Nutrition therapy* <sup>2</sup>
Dance therapy	Hydrotherapy <sup>2,4</sup>	<b>O</b>
Design therapy	<b>K</b>	Osteopathy (etiopathy)
Detoxification measures (various methods as per tariff 590) <sup>2</sup>	Kinesiology	Ototherapy
Dietetics <sup>2</sup>	Kneipp therapy <sup>2</sup>	Oxygen multi-step therapy (IB) <sup>2</sup>
Dorn/Breuss spine therapy		Ozone therapy <sup>3</sup>
Drama therapy		

P
Phytotherapy (medicinal herb therapy) <sup>1, 2</sup>
(Anthroposophical) painting therapy
(Anthroposophical) plastic-therapeutic design
Polarity
R
Rebalancing (massage *)
Reflexology therapy *
Respiratory therapy
Rhythmical massage *
Rolfing/structural integration (massage *)

S
Shiatsu
Shin tai
Soft tissue massage * <sup>2, 4</sup>
Spagyric medicine <sup>2</sup>
Speech therapy
Sumathu therapy (massage *)
Symphathico therapy

T
TEN massage *
Thai massage *
(Anthroposophical) therapeutic speech therapy
Thermography (IB)
Tibetan medicine
Tomatis (audio psycho phonology)
Touch for Health
Traditional Chinese medicine (TCM) <sup>1</sup>
Traditional European Medicine (TEN)
Trager (massage *)

### \*Therapy methods subject to a special condition

#### Ayurveda medicine (Ayurveda therapies)

Costs are only covered if the therapy is provided in conjunction with another Ayurveda method administered by a doctor or natural health practitioner (AVM).

#### Bach flower remedies

Costs are only covered if the therapy is provided in conjunction with another alternative medical method administered by a doctor or natural health practitioner (TEM, WAM).

#### Nutrition and lifestyle counselling (Ordnungstherapie) and diatetics

Costs are only covered if the therapy is provided in conjunction with another alternative medical method administered by a doctor or natural health practitioner (TCM, TEN, WAM, AVM).

#### Massages

After 9 sessions, Sanitas sends insureds a questionnaire to be completed by the therapist providing treatment. Costs are only covered if the condition of clinical significance is met for further sessions.



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. For easier legibility, Sanitas avoids the simultaneous use of the terms “alternative medicine” and “complementary medicine”. Therefore, the term “alternative medicine” also refers to “complementary medicine”.

### Healthcare providers recognised by Sanitas

Sanitas recognises doctors, natural health practitioners and therapists as healthcare providers for alternative medicine provided that they are registered for the appropriate therapy methods with ASCA, EMR or NVS.

The level of training achieved by healthcare providers can vary greatly. Sanitas therefore seeks to ensure a high level of quality with this list by defining specific conditions for individual therapy methods \*.

Treatments and remedies provided by family members (e.g. parents, children or people living in the same household) are not covered. The same applies to self-treatment.

A list of healthcare providers recognised by Sanitas can be found online at [sanitas.com/therapistsearch](https://sanitas.com/therapistsearch)

### Therapy methods are covered provided they are:

- 1 Provided by a doctor with a certificate of competence in the relevant discipline. The costs are covered under mandatory basic health insurance (OKP). Treatments provided by any other therapists recognised by Sanitas are covered under supplementary insurance (IPA).
- 2 Provided by a doctor or natural health practitioner.
- 3 Provided only by a doctor.
- 4 Provided by a therapist or medical masseur approved for this method.

#### Abbreviations/acronyms

IB	Instrument-based methods
ASCA	Schweizerische Stiftung für Komplementärmedizin/Swiss Foundation for Complementary Medicine
AVM	Ayurveda medicine
EAV	Electro acupuncture according to Voll
EMR	Empirical Medicine Register
NVS	Naturärzte Vereinigung der Schweiz/Swiss Association of Naturopaths
TCM	Traditional Chinese Medicine
TEM	Traditional European Medicine
WAM	Western Alternative Medicine