

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.

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

P	S	T
Phytotherapy (medicinal herb therapy) ^{1, 2}	Shiatsu	TEN massage *
(Anthroposophical) painting therapy	Shin tai	Thai massage *
(Anthroposophical) plastic-therapeutic design	Soft tissue massage * ^{2, 4}	(Anthroposophical) therapeutic speech therapy
Polarity	Spagyric medicine ²	Thermography (IB)
R	Speech therapy	Tibetan medicine
Rebalancing (massage *)	Sumathu therapy (massage *)	Tomatis (audio psycho phonology)
Reflexology therapy *	Sympathico therapy	Touch for Health
Respiratory therapy		Traditional Chinese medicine (TCM) ¹
Rhythmical massage *		Traditional European Medicine (TEN)
Rolfing/structural integration (massage *)		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.

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

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.



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”.

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