Recognised alternative medicine therapy methods

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

The conditions that must be met for costs to be covered are set out in the general terms of insurance (AVB) and the supplementary terms of the applicable health insurance plan as stated in the policy.

Sanitas recognises therapists certified by the NVS, ASCA and EMR.

Sanitas covers the costs of 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
Akumat therapy (IB)
Alexander technique
An Mo/Tui Na
Anthroposophical medicine
Aromatherapy
Atlas methods
Atlas Proaxis
Atlaslogy
Auriculotherapy
Auriculotherapy
Ayurveda medicine

B  Bach flower remedies treatment
Bainscheidt therapy
Bioresonance therapy (IB)
Bloodletting

C  Classical massage
Colon hydrotherapy (IB)
Colonic massage
Craniosacral therapy
Cross-media therapy (art therapy)*
Cupping

D  Dance therapy (art therapy)*
Darkfield microscopy
Design therapy (art therapy)*
Detoxification measures
Dietetics
Drama therapy (art therapy)*

E  Electroacupuncture according to Voll/bioelectronic
Functional diagnostics (IB)
Electroacupuncture EAV
Electroacupuncture
Electrotherapy (IB)
Empirical massage
Esalen massage

F  Fascia therapy*
Feldenkrais method
Foot zone therapy (reflexology)*
Foot zone therapy
Frecodyn hydrotherapy (IB)
Functional biometry (IB)

G  Gerda Alexander eutony method

H  Haematogenous oxidation therapy (IB)
Hausschild-Sutter dance and movement therapy*
Homoeopathy (complex/classic)
Hydro massage*
Hydrotherapy

K  Kinesiology
Kneipp therapy

L  Laser acupuncture (IB)*
Leech therapy
Lymphatic drainage, manual

M  Magnetic field therapy (IB)
Massage practices/therapeutic massage*
Medical massage*
Medicinal herbs (phytotherapy)
Meridian therapy
Microkinesi therapy
MORA therapy (informational medicine)
Mother tincture therapies
Movement therapy (art therapy)*
Movement therapy (integrated, clinical)*
Moxa/moxibustion*
Muscle reflexology massage*
Music therapy (anthroposophical)*
Music therapy (art therapy)*
The following therapeutic methods are covered provided they are:

1. these treatments are covered by basic insurance provided they are delivered by a doctor with a certificate of competence in the relevant discipline.
2. delivered by a doctor or natural health practitioner.
3. only delivered by a doctor.
4. also delivered by a medical masseur (FD/SRC CC).
5. delivered as part of AVM.
6. delivered as part of TCM.
7. delivered as part of TEN.
8. delivered as part of WAM.

**Art therapy (including anthroposophical)**
An application for a commitment to provide cover, including a medical report, must be submitted first. Costs are only covered if the condition of clinical significance is met.

**Ayurveda medicine**
Costs are only covered if the therapy is provided in conjunction with another alternative medical treatment conducted 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 treatment conducted by a doctor or natural health practitioner (TEN, WAM).

**Dietetics/nutrition advice**
Costs are only covered if the nutritional advice is provided in conjunction with another alternative treatment conducted by a natural health practitioner (AVM, TCM, TEN, WAM).

**Massages**
After 9 sessions Sanitas sends the insured a questionnaire to be completed by the therapist providing the treatment. The costs of additional sessions are only covered if the condition of clinical significance is met.

**Tomatis**
An application for a commitment to provide cover, including a medical report, must be submitted first. Costs are only covered if the following medical indications are present: sudden acute hearing loss, stroke, tinnitus.

Valid as of 1 January 2017

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**Abbreviations**
- ASCA: Swiss Foundation for Complementary Medicine
- AVM: Ayurveda medicine
- EAV: Electroacupuncture according to Voll
- EMR: Erfahrungsw. Medizinisches Register (empirical medicine register)
- FD: Federal diploma
- IB: Instrument-based methods
- MM: Medical masseur with a federal certificate of competence
- NVS: Naturärzte Vereinigung Schweiz
- SRC CC: Certificate of competence from the Swiss Red Cross
- TCM: Traditional Chinese medicine
- TEN: Traditional European Medicine
- WAM: Western Alternative Medicine