



CSS

Insurance

Customer information

Valid as of 01.01.2021 (replaces all previous versions)

Information sheet for myFlex Alternative Insurance.

	Economy	Balance	Premium
Outpatient and inpatient treatment Complementary medical treatment including recognized and prescribed medicaments (excluding nursing, board and accommodation)	75 %, max. CHF 1000/calendar year	75 %, max. CHF 3000/calendar year	75 %, max. CHF 10 000/calendar year
Treatment to which limits apply Some methods such as medical and classical massage with a separate limit. (marked with * in the list)	75 %, max. CHF 200/calendar year	75 %, max. CHF 600/calendar year	75 %, max. CHF 2000/calendar year

CSS list of methods

An obligation to pay benefits on the part of CSS Versicherung AG only exists for those methods and subsidiary methods specifically indicated in the following list, which is final and exhaustive (EMR method number in parenthesis).

Acupressure (3, 417, 4171)	Connective tissue massage (34)*	Laser acupuncture (107, 108)
Acupunct massage (6, 401, 4011)	Creative therapy (234, 2341)	Leaching (44, 300, 360, 3001, 3601)
Acupuncture (4, 5, 340, 341, 344, 3401, 3441)**	Craniosacral therapy (53, 407, 4071)	Lymph drainage, manual (111, 118, 360, 3601)*
Alexander technique (7, 400, 4001)	Cupping (170)
Anmo/Tuina (8, 9, 340, 342, 344, 3401, 3441)	Dance and movement therapy	Massage techniques (118, 360, 3601)*/**
Anthroposophic medicine (10)	Hauschild-Sutter (184, 231, 2311)	Medau organic-rhythmic movement training (138)
Aroma therapy (11)	Dietetics NHP (218)	Meso therapy (120)
Art therapy (231, 232, 233, 234, 235)	Diverting procedures (28, 170, 219, 300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)**	Movement therapy integrative/clinical (32, 231, 2311)
Autogenic training (20)	Dorn-/Breuss-therapy (360, 3601)	Movement and body therapy (405, 4051)
Ayurveda nutrition counselling (23, 24, 57)	Dorn therapy, additional qualification (43)	Moxa/Moxibustion (123, 124)
Ayurveda medication (25, 26)	Drama therapy (58, 232, 2321)	Multi-step oxygen therapy (168)
Ayurveda massage (27, 28, 57, 300, 3001)	Ear acupuncture (135, 136)	Music therapy (127, 128, 233, 2331)
Ayurveda therapy (404, 4041)	Electrotherapy (66, 118*)**	Muscle reflex zone massage (221)*
Ayurveda castings (28, 300, 3001)	Electroacupuncture (64)
.....	Eutony (73, 408, 4081)	Neural therapy (only if administered by doctors and dentists)
Bach blossom therapy (29)	Eurhythmic therapy (89, 410, 4101)	Nutrition counselling (TCM) (69)
Bio-feedback (37)	Nutrition therapy (300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)
Bio resonance therapy (38, 360, 3601)	Feldenkrais therapy (78, 409, 4091)
Brain Gym (45)	Foot reflexology (81, 118, 221)*	Ortho bionomy (139)
.....	Osteopathy (141, 223, 2231)
Classical massage (102, 221)*	Hatha yoga (88, 416, 4161)	Ozone therapy (142)
Colonic irrigation (51)	Homeopathy, classic (91, 320, 3201)
Colonic massage (221)*	Hydrotherapy (118*, 220)**	Painting therapy (114, 115, 234, 2341)
Colour point (75)	Pharmaceutical therapy (300, 320, 340, 343, 360, 3001, 3201, 3401, 3431, 3601)**
Colour therapy (76)	Intermedial therapy (97, 235, 2351)
Compresses/fomentation (204, 118*)	Kinesiology (100, 411, 4111)

Phyto therapy (145, 146)	Shiatsu (172, 415, 4151)
Plastisch-therapeutisches Gestalten (148)	Sophrology Bio-Dynamique/ Caycédiennne (174, 214)
Polarity (149, 412, 4121)	Spiraldynamik (500, 501)
Psychomotorics (152)	Therapeutical speech therapy, anthroposophic (177, 232, 2321)
Reflexology massage (163, 221)*	Therapeutic puppetry (158)
Reflexology (240, 360, 3601, 419, 4191)*	Tomatis (190)
Respiratory therapy (13, 403, 4031)	Touch for Health (191)
Regulation therapy (300, 320, 340, 341, 342, 343, 344, 360, 3001, 3201, 3401, 3431, 3441, 3601)	Trager method (192)
Rolfing/structural integration (166, 418, 4181)	Vertebral equilibrium (206)
Rythmic massage (213, 422, 4221)*	

Notes

Under the abbreviation EMR CSS understands the Register of Empirical Medicine (EMR Basel).

- * Treatment with restricted cover (in accordance with Section 3.2. of the Supplementary Conditions for myFlex Alternative Insurance). Payment for this treatment is included in the maximum amount for the year.

Restricted cover for following treatments if done by a medical masseur (118):

Electrotherapy, Foot reflexology, Hydrotherapy, Lymph drainage, manual, Massage techniques, Compresses/fomentation

** Explanations on the individual methods:

- Acupuncture includes Electro acupuncture, Laser acupuncture, Moxibustion and Ear acupuncture.
- Diverting procedures includes: cupping, baunscheidt method, guasha, pruing, bleeding
- Electrotherapy as in EMR no. 66 only the conventional form
- Hydrotherapy as in EMR no. 118 und 220 includes: castings, use of water jets, baths, kneipp-water-application, balneology, compresses, fomentations, fango
- Massage techniques as in EMR nos. 118, 360 und 3601 (includes connective tissue massage, colon massage, classical massage, trigger point massage)
- Pharmaceutical therapy includes: Phyto therapy, Homeopathy functional, Bach blossom, Spagyrik, Biochemistry according to schuessler, etc.