

Information Sheet on the Health Account/Health Account Bonus.

As a health partner, we do more. And pay a share of the cost of many activities related to health, prevention and well-being. Choose according to your own preferences and situation in life.

Up to CHF 800 in costs covered per calendar year.

Health Account.

| | | |
|--|--|---------|
| <p>Are you insured under myFlex? Taking out this combination of insurance lets you benefit from the Health Account:</p> <ul style="list-style-type: none"> myFlex Outpatient Insurance | <p>Or do you have another form of supplementary insurance? Taking out one of these forms of insurance lets you benefit from the Health Account:</p> <ul style="list-style-type: none"> CSS Standard Insurance CSS Standard plus Insurance Semi-private Hospitalisation Insurance Private Hospitalisation Insurance <p>These types of insurance entitle you to a Balance-level Health Account (excl. CSS Check-Up).</p> | |
| + | | |
| <ul style="list-style-type: none"> myFlex Hospitalisation Insurance <p>The scope of benefits offered by the health Account (Economy, Balance, Premium) depends on the level of myFlex Hospitalisation Insurance selected.</p> | | |
| Level | Level | |
| Premium | Balance | Economy |
| | Balance | |

| Type of benefits | Premium | Balance | Economy |
|--|---|--|---|
| Family Fitness Exercise Other | 50%, max. CHF 700 per calendar year (fitness, exercise, other, max. CHF 500 each) | 50%, max. CHF 500 per calendar year (fitness, exercise, other, max. CHF 250 each) | 50%, max. CHF 300 per calendar year (fitness, exercise, other, max. CHF 150 each) |
| CSS Check-up¹ | 1 Premium check-up for every 3 calendar years of insurance. 100% of costs covered, max. CHF 1,800 | 1 Balance check-up for every 3 calendar years of insurance. 80% of costs covered, max. CHF 720 | |

¹ Offer for insured persons with Balance or Premium myFlex Hospitalisation Insurance in combination with myFlex Outpatient Insurance.

Health Account.

Choose your preferred activities, available from providers recognised by CSS, from the various offer areas.¹

Family

- Antenatal preparation
- Antenatal and postnatal exercise
- Infant care courses, breastfeeding advice, baby massage
- Swimming for children under 16 (with or without an adult)
- Exercise and development classes for children under 5 (accompanied by mother or father)
- Water familiarisation and swimming for children with respiratory tract problems
- Acupuncture as birth preparation
- Emergencies involving infants
- Multi-disciplinary group programmes for overweight children and young people

Fitness

- Fitness centre memberships (individual equipment-based strength and/or stamina training)
- Fitness classes
- Dance classes

Exercise

- Fall prevention and balance training
- Back and posture gymnastics, Spiraldynamik®
- Aquafit and water-based exercise (e.g. deep water running, water Pilates)
- Osteoporosis prevention courses/Osteogym
- Feldenkrais

Other

Nutrition & dietary changes

- Nutritional counselling
- Group courses and individual advice
- Nutrition coaching by telephone & app

Mindfulness & mental health

- Breathing therapy
- Autogenic training
- Sophrology (group courses and counselling)
- Stress management/MBSR (mindfulness-based stress reduction)
- stressfit – learning to manage stress
- SweetDreams – Digital sleep training for sleep disorders
- Tai chi & Qigong
- Yoga
- Zilgri

Self-help & self-management

- Anaphylaxis training
- Asthma courses
- Neurodermatitis courses
- Bekhterev gymnastics and swimming
- Courses for the bladder and pelvic floor
- Dementia courses
- Gymnastics and swimming for the heart
- Cancer League courses
- Courses for caregiving relatives
- Course for self-management and health literacy in chronic disease management
- Emergency and first aid courses
- Stop smoking

Screening & prevention

- Medical check-up
- Allergy check (e.g. for pollen and house dust mites)
- Herzcheck® healthy heart check (ascertain your risk of having a heart attack or stroke)
- Cardio Explorer (innovative test for heart health)
- Medically recognised preventive vaccinations and vaccinations for holidays and foreign travel by pharmacists
- Visual training
- Ocumeda eye check-up (e.g. at an optician's)

¹Applies to group courses, unless indicated otherwise.



Here you can find the CSS-recognised providers.

CSS Check-up

Comprehensive health check-up with results and information on such topics as medical treatment, nutrition, exercise and stress management.

Check-up Balance: ½ day

Check-up Premium: 1 day (2 x ½ day)

Health Account Bonus.

Are you insured under myFlex?

Taking out **one of these** combinations of insurance lets you benefit from the Health Account Bonus:

- myFlex Outpatient Insurance
- myFlex Balance or Premium Hospitalisation Insurance
- Death and Disability Insurance



- myFlex Alternative Insurance
- or**
- Dental Insurance

Or do you have another form of supplementary insurance?

Taking out **one of these** combinations of insurance lets you benefit from the Health Account Bonus:

- CSS Standard Insurance
- or**
- CSS Standard plus Insurance



- Alternative Insurance (editions 01.2001; 01.2017)
- or**
- Dental Insurance



- Emergency Insurance
- Spa and Nursing Care Insurance
- Death and Disability Insurance

Type of benefits

Sports association¹

Contributions to active membership in sports associations in Switzerland¹

Climbing halls (climbing, bouldering)²

Contributions to seasonal and annual passes to public climbing halls in Switzerland²

Open air/indoor swimming pool³

Contributions to seasonal and annual passes to public open air and indoor swimming pools in Switzerland³

Swiss cross-country skiing pass and local seasonal pass⁴

Contributions to the Swiss cross-country skiing pass and local seasonal passes of Loipen Schweiz and its regional organisations

Activity tracker

(Recognised activity tracker: Fitbit, Garmin, Polar or Suunto)

Scope of benefits

50 %, max. CHF 100 per calendar year

CHF 50 per 3 calendar years of insurance

¹ The contribution can apply to annual memberships as well as to partial amounts when joining the association during the year. The Health Account Bonus payment may not be claimed for all types of sport. Please inquire on the Contact Center 0844 277 277 or at your CSS agency.

² The contribution can apply to passes as from 3 months giving unlimited access to climbing halls that are open to the public and for which admission prices are officially charged. No contributions are available for other types of subscription, individual admissions or for other institutions.

³ The contribution can be made towards a seasonal pass or an annual pass giving unlimited access to open air or indoor swimming pools in Switzerland that are open to the public and for which admission prices are officially charged. No contributions are available for other types of subscription, individual admissions or for other institutions.

⁴ The contribution can be made towards the Swiss cross-country skiing pass and local seasonal passes. No contribution to weekly passes and daily cross-country skiing passes.

Get up to CHF 800 per calendar year towards your costs

Sample calculation

| | Invoice amount | Premium cost coverage CSS |
|--|----------------|---------------------------|
| Health Account | | |
| Fitness: Fitness centre membership | CHF 1000 | CHF 500 |
| Exercise: Water gymnastics | CHF 220 | CHF 110 |
| Other: Nutritional counselling | CHF 180 | CHF 90 |
| Total savings thanks to Health Account | CHF 1400 | CHF 700 |
| Health Account Bonus | | |
| Sport association: Contributions to active membership | CHF 200 | CHF 100 |
| Total savings thanks to Health Account and Health Account Bonus | CHF 1600 | CHF 800 |

Other offers for the health promotion.

Smart savings: take advantage of discounts in the online shop enjoy365.ch

enjoy365

Motivated every day: The active365 app rewards your healthy lifestyle up to CHF 600

active365

Customer Service Center 0844 277 277

CSS agency css.ch/agency

css.ch/healthaccount

Your client portal at my.css.ch

The Health Account and Health Account Bonus are voluntary additional benefits covering all aspects of health promotion and prevention. The offer and conditions for the Health Account and Health Account Bonus are determined by CSS and may be modified unilaterally by CSS at any time. Loss or change of offer and conditions do not constitute grounds for termination. In the case of self-treatment and treatments carried out by the service provider for his entire relatives and for persons married to such, no benefits will be paid by CSS. This exclusion also extends to the treatment of domestic partners and registered partners. The information on the Health Account and on the additional services and benefits in the General Conditions of Insurance (AVB) and Supplementary Conditions (ZB) of the specified insurance products in accordance with the Federal Law on Insurance Contracts (VVG) form the basis of this offer.

Translation: Only the original German version of the Information Sheet on the Health Account and Health Account Bonus is binding.

