



We do more for you.

Because your health is important to us.

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Health is the most precious thing in life.

Maintain your health – we'll gladly show you how and support you with excellent service.

Health courses – online or on site

Regular exercise, as an engine for our well-being, a balanced diet providing the right fuel, and a healthy way of dealing with stress so that we don't run out of fuel. Prevention is the key to maintaining good health.

We support you with **up to 300 euros** per year, for two certified health courses. We reimburse 80 percent of the costs of each course, up to 150 euros per course.

Take advantage of health course offerings on the topics of exercise, nutrition, stress management/relaxation and substance abuse. You can always rely on the accustomed quality standard. Because we only entrust your health to tested and certified trainers.

Our database of online and face-to-face courses throughout Germany can be found at: www.vividabkk.de/kursdatenbank



The Bonus Programme – Living a healthy lifestyle pays off!

Are you fit and active and go to preventive medical check-ups? Take advantage of our annual bonus programme and enjoy the rewards – it's easy and offers great opportunities.

With the **Active Bonus**, you decide if you would like a direct payment (up to **100 euros**) or an allowance, e.g., for your supplementary insurance (up to **150 euros**) or a new smartwatch (up to **300 euros** every 3 years).

With the **Preventive Care Bonus**, you receive **10 euros** for every statutory preventive medical check-up or vaccination carried out. Participate with your whole family.



Vaccinations

The vivida bkk promotes you taking preventive action. Vaccinations are one of the most important preventive measures available in medicine. They prevent numerous infectious diseases that can take a serious course. Especially for infants, children and adolescents, vaccinations are recommended according to a fixed vaccination schedule. But adults should

also regularly booster their acquired vaccination protection. Furthermore, modern vaccines are well tolerated and side effects are rarely observed. Your advantage with vivida bkk: We cover vaccinations beyond the legal requirements, with **up to 500 euros** per year. We pay for all vaccinations recommended by the German Standing Committee on Vaccination (STIKO) as well as the flu vaccination and the vaccination against type B meningococcus. We also reimburse the costs of malaria prophylaxis.



Optional tariff Premium refund

Are you healthy and rarely go to the doctor? With the optional premium refund plan, you receive up to one month's premium back, if you do not claim any benefits within the year.

However, you don't have to forego preventive services because these are not included. Your possible benefits of **up to 600 euros** per year.

Mother's Account (MamaKonto) – for a good start in life

Pregnancy is an exciting time. With the Mother's Account, expectant mothers receive **up to 500 euros** for pregnancy-related additional benefits. Choose from a wide variety of services that meet your individual needs. You decide which amount you want to invest in which additional services. The credit balance from the Mother's Account can be used for the following benefits for each pregnancy:

- **Midwife on call** – starting from the 38th week of pregnancy until two weeks after delivery
- **Prenatal classes** – for the husband/life partner insured with us
- **Additional preventive examinations** (in the case of existing risk factors or if there is a concrete individual reason for the examination): group B strep test, Cytomegalovirus test, ringworm test, chickenpox test and toxoplasmosis test.
- **Minerals & vitamins** during pregnancy (prescription-free and pharmacy-only medicines with the active ingredients folic acid, iodine, magnesium and iron with a doctor's prescription)
- **Alternative medicines**, e.g. globules (supply of prescription-free and pharmacy-only medicines of homeopathy, phytotherapy and antroposophy with a doctor's prescription)
- **Individual breastfeeding and nutrition counselling for pregnant women** – up to 12 months after childbirth



Thoroughly clean teeth

Coffee, tea and sugar: Our teeth have a lot to contend with every day. The result: Deposits and discolouration. **Professional dental cleaning** is an intensive cleaning of the teeth in the dentist's office, removing plaque that increases the risk of tooth decay and periodontitis. For your radiant smile, we subsidize the professional dental cleaning with **up to 50 euros** per calendar year.



Protection from tooth decay starting from infancy

More protection for permanent molars through **fissure sealing**.

In this process, the grooves and recesses in the tooth are sealed with plastic and thus protected.

For children between the ages of 6 and 18, vivida bkk pays **up to 15 euros per tooth** for sealing caries-free molars, that are permanent teeth (teeth 4 and 5).



Osteopathy for the whole family

We offer you and your children various medical options: Although **osteopathy** is controversial in conventional medicine, due to the lack of scientific proof of its effectiveness, experience in naturopathy has been very positive – especially with children. The purely manual treatment of the complaints is a gentle method to help the body to become healthy again. We cover the costs of osteopathic treatment, irrespective of age, under certain conditions, **up to 160 euros** (maximum of 4 sessions at 40 euros each) per year.



Medical advice around the clock

Have you been "googling" symptoms? You don't need to. Using our **free MedHotline** 0800 3755 3755 3, you can reach experts around the clock who will advise you on symptoms, medication and treatment options.



Further services, as well as details on the respective conditions, can be found at www.vividabkk.de