



Our Benefits.

At a Glance



KNAPPSCHAFT

für meine Gesundheit!

50 good reasons

Whatever you need to remain healthy or return to good health. We provide more than is prescribed by law.

AktivBonus

Cash for preventive measures.

AktivBonus junge Familie

50 euros for preventive measures during pregnancy.

Acupuncture

We pay the costs for up to 15 acupuncture treatments per year should you be suffering from symptoms affecting the knee or the lumbar spine.

Outpatient operations

We pay the costs for outpatient treatments such as a tonsillectomy – the alternative treatment.

Outpatient preventive measures for infants

Chronically sick infants aged between one and five receive a contribution of 25 euros per calendar day when they are treated at recognised health resorts.

Our bonus programs: prevent and profit

Secure bonuses for sporting activities and preventive examinations.



Fissure sealing

Children up to the age of 14 are paid a contribution of up to 90 euros per year.

prosper/proGesund health network

In eight regions: treatment with improved coordination, appointment with a specialist faster, improved therapeutic safety and a bonus of up to 100 euros.

„gut DABEI“ health program

The best possible medical care and ongoing support should you be suffering from a chronic disease.

Enamel sealing with fixed dental braces

The KNAPPSCHAFT makes a one-off payment of up to 80 euros to children and youths aged under 18.

Grönemeyer Microtherapy

Outpatient diagnostics and the treatment of acute and chronic cervical spine, thoracic spine, and lumbar spine, pain at the Grönemeyer Institut.

Domestic help

We pay the costs for a domestic help in some circumstances.

Homeopathy

We pay the costs for treatment provided by one of more than 1,400 listed physicians.

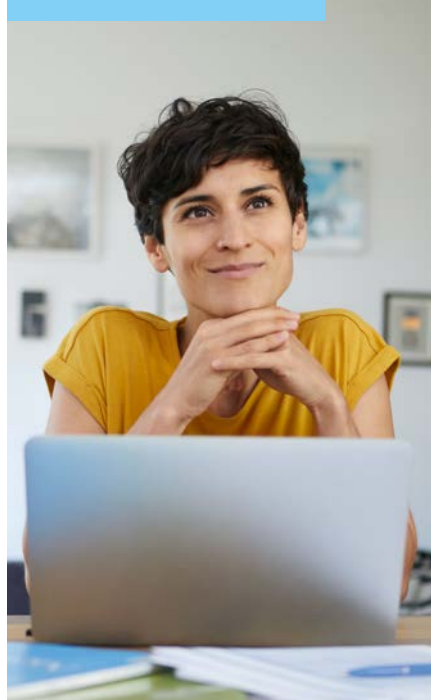
Artificial insemination

We make a contribution of up to 500 euros per attempt in addition to the patient's own contribution.

Online service: „Meine KNAPPSCHAFT“

Settle your matters comfortably from your home or when on the road – 24 hours per day, seven days per week. For example

- Apply for the AktivBonus
- Request certificates
- Submit documents



Naturopathy and Osteopathy

150 euros for osteopathic treatments.

A bonus payment for recruiting members

Recommend us – earn 25 euros when you introduce new members to us.

Psychotherapy, Psychosomatic treatment

Professional support by physicians, psychotherapists, and other care providers in selected regions.

Rooming in

Up to 45 euros per day if a parent is also admitted in the case of a medically necessary hospitalisation of your child.

Gentle medication for children

We pay a contribution of up to 100 euros for children aged between 12 and 17.

Eye test - amblyopia

A preventive eye test for children aged between 31 and 42 months.

SportBonus

A bonus when you train at a gym or for activities in a sports club.

Inexpensive dental prostheses

You can compare dental services free of charge by obtaining a second opinion from another dentist.

Exemption from contributions

You can also pay your payment limit in advance and be issued with the exemption certificate in advance.

Vaccination costs: we pay them

The KNAPPSCHAFT reimburses you with the costs incurred for all the travel vaccinations that the German foreign office recommends for your travel destination.





Online Courses. *Active at home and on the road*



ABJETZT/FIT

Back exercises at home

Prevent back diseases in good time with the online course.

ABJETZT/POWER

Complete body training

The training program for the muscles and the cardiovascular system.

ABJETZT/YOGA

More mind activities in daily life

Learn how to use yoga techniques yourself with this ten-week online preventive course.

BodyChange

Fit and healthy in eight weeks

Fitness development, coordination improvement, stress management and a right work-life balance.

Gesund abnehmen

Online nutritional coach

Twelve weekly themes – individually coordinated towards your needs.

Gesund mit Darm

Ten-week course

All you need to know about a healthy intestinal flora, weight reduction and how to avoid malnutrition and undernourishment.

Stressfrei

Master your everyday life

Eight individual weekly themes for the right methods for managing stress.

Waya

Interactive and long-term

You can lose weight healthily and keep your desired weight with an App.

Smoking cessation

Apps and online courses

“Nichtraucherhelden” (Non-smoker heroes) and “Nichtraucher in fünf Stunden” (Non-smoker in five hours) offer you practical exercises and information.

HausMed Preventive Courses

Live healthier and stay fit

Theme-related online courses and online seminars are run by our partner HausMed.

100% of the costs for all the courses will be reimbursed by a regular participation and for a maximum of two courses per year.

More information:
[knappschaft.de/
gesundheitskurse](https://knappschaft.de/gesundheitskurse)



***As individual
as you are.***
*Exklusive
optional tariffs*

Special medication

**Homeopathy, phytotherapy,
anthroposophical medicine**

Members aged under 18 can have the costs incurred for this medication reimbursed in full, maximum 100 euros per year.

Optional tariff for trainees and apprentices

Max. 120 euros per year

With this tariff, you pay a part of your medical costs yourself. We then pay you a cash bonus if you stay healthy and not avail yourself of certain benefits.

Optional sickness benefit tariff

Secure in case of sickness

For the full-time self-employed, artists and journalists. The same as with salaried employees and short-term employees who do not have an entitlement to sickness benefit for at least six weeks in case of sickness.

Optional costs reimbursement tariff

“Arzt” or “Zahnarzt” tariff

You can benefit from being treated by a physician or a dentist in the same way as a private patient for just a few more euros per year, without a health check and without you having to pay any risk surcharges should you have pre-existing diseases.

Optional bonus payment tariff in the event of us not having to grant benefits.

Staying healthy is awarded with a bonus of up to 300 euros as from the third year in which we have not granted any benefits.

Optional deductibles tariff A fun way to earn money

You pay a part of your medical costs yourself and collect a bonus in the following year. How does that work? Your bonus is charged up against the costs that have been incurred due to you having received benefits.

Keep Active. *Live consciously*

AKON Aktivtage

You need some time to yourself? Then the active days with the focus on movement, nutrition and relaxation are just right for you. Combine a health course with a short holiday – in selected wellbeing hotels in the most beautiful regions in Germany and Europe. Active days are health courses that are held in a compact form in places away from home and that last a number of days – tested and certified.

Simply bike and relax

With our GesundTour, you combine sporting activity and relaxation in Emsland, Osnabrücker Land or in Hasetal. You also learn everything about a healthy diet. With your reservation, you automatically participate in two health courses that are legally recognised. This is why we make a contribution of 160 euros for a conducted health journey from the KNAPPSCHAFT and you even exclusively save 45 euros when compared with the regular price.

Health courses

Choose from numerous courses from the fields of: movement, nutrition, consumption of addictive substances, stress management and relaxation, online or on site. Look for a course that has been certified by the Zentrale Prüfstelle Prävention. Why? Because we either pay the course in full or make a contribution of up to 80 euros. We support two courses per calendar year and person.

Course finder. Tested quality

Scan the QR code and find the course on site that is right for you. Our database includes a large number of quality-tested health courses that are led by qualified specialists.



Service.

We are there for you

✔ **Service telephone: 0800 7245 900 (free of charge)**

✔ **“prosper/proGesund” health network**
Telephone: 08000 200 507 (free of charge)

prosper/proGesund is a KNAPPSCHAFT care model that is unique in Germany and is characterised by a close cooperation between general practitioners, medical specialists, hospitals and connected rehabilitation clinics.

✔ **Health telephone: 0800 1650 050 (free of charge)**

The KNAPPSCHAFT supports you with comprehensive information on all kinds of diseases, diagnostic and therapeutic procedures, including information on physicians and hospitals.

✔ **Medication telephone: 0800 1650 050 (free of charge)**

✔ **Specialist appointment: 0800 1650 050 (free of charge)**

You will also find information on health trends and themes online by going to our **Facebook and Instagram Account**, our **Blog magazin.knappschaft.de** and to **www.knappschaft.de**

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