



Supplementary health insurance for international civil servants and their dependents

Alternative Medicine

The supplemental insurance covers up to CHF 1,250.- per calendar year, 90% of the costs of outpatient treatment not covered by the basic insurance under two conditions:

- If the therapeutic method is recognized
- If the therapist is a doctor or listed on the list of recognized therapists mentioned below

Recognized therapies

Acupuncture (traditional, laser, acupressure, electro-acupuncture)
An-Mo / Tui-Na
Anthroposophic Massage
Aromatherapy
Auriculotherapy
Ayurvedic massage
Ayurvedic massage

Biochemestry according to Schüssler
Biomagnetism

Classic Massage
Colon hydrotherapy (colonic irrigation)
Conjunctive tissue massage
Cranio-Sacral therapy

Electrotherapy
Etiopathy
Empathetic therapy

Eutonie Gerda Alexander exercises

Fangotherapy
Fasciatherapy
Functional biometry (acupuncture according to Voll)

Homeopathy
Hypnosis

Kinesiology

Light therapy, Phototherapy

Manual lymphatic drainage
Massage of acupuncture points
Massage of the psychogenic zones
Massage of the muscle reflex zones
Mesootherapy
Metamorphic massage
Moxa-Moxibustion

Naturopathy

Ortho-Bionomy
Osteopathy / Etiotherapy

Phytotherapy
Polarity therapy
Postural training
Poultice of green clay / Cataplasms / Body wraps
Psychomotricity

Reflexology
Reiki
Rolfing/Structural training

Shiatsu
Sophrology
Spinal column balance therapy
Sumathu

Thai massage
Therapeutic Eurythmy
Therapeutic horse riding
Traditional Chinese medicine
Tibetan medicine
Tomatis method.



Recognized phytotherapy and homeopathic preparation (if prescribed by a doctor or a recognized therapist)

Capsules and homeopathic preparations.
Aromatherapy and essential oils
Anthroposophic preparations
Ayurvedic preparations
Oligotherapy preparations
Phyto therapy preparations
Serocytol products

Recognized therapists

Doctors that practice alternative medicine are recognized under any circumstances, this is also the case for chiropractors and physiotherapists, as long as they are treating illnesses that are within their professional competences for example: Osteopathy, Massage, Lymphatic drainage etc)

Therapists that are registered on the ASCA list are recognized without condition. The list of recognized therapists can be found on the website: www.asca.ch

The therapists that are found on the below mentioned registers are also recognized.

- Association suisse des praticiens de médecine traditionnelle chinoise
- Europe-Shanghai
- SINOSWISS Praxis für Chinesische Medizin, Zug
- NVS – APTN
- Association suisse d'étiopathie
- Fédération suisse des praticiens en médecine naturelle FSPN
- Registre suisse des ostéopathes
- Fédération suisse des homéopathes
- Société suisse des physiothérapeutes diplômés en ostéopathie SSPDO
- Schweizer Verband für Anthroposophische Kunsttherapie, Bern
- Centres TOMATIS dans toute la Suisse
- MediQi dans toute la Suisse
- PST-thérapie (Pulsierende Signal Therapie)
- Centres Chinamed (médecine traditionnelle chinoise) dans toute la Suisse
- Association suisse FELDENKRAIS (ASF)

Therapists that are localized in the nearby French sector must also be recognized ASCA and the above-mentioned organizations in order to obtain reimbursement.

Osteopaths based in France must belong to the Register of French Osteopaths and have an ADELI number to be accepted for reimbursement.

For all other countries, we recommend that the insured members check that the therapist and therapy is recognized with UNIQA before undergoing treatment, without this prior approval, the invoice could be void and therefore not reimbursed.

Alternative therapy exclusions (non-exhaustive list)

Akumat therapy
Alexander technique
Art therapy
Asian energy and body treatment
Astrology
Autohemotherapy
Autohypnosis training

Baunscheidt Method
Bio Feedback
Biodynamic sophrology, psychology
Biological information therapy
Bioresonance therapy
Brain Gym
Breathing therapy

Chromopuncture
Color Therapy

Dance therapy
Deep Draining
Dye injections

Energetic rebalancing
Esalen Massage
Esoteric healing

Fleurs de Bach therapy

Geobiology

Imposition of the hands
Iridiagnostic

Lasertherapy
Leech therapy
Long distance treatments
Lykotronic

Magnetic field therapy
Magnetics
Myofunctional therapy

Nutrition

Organic rhythm movement training according to Medau
Orthomolecular therapy
Ototherapy by candles
Oxygen therapy
Ozone therapy

Plastic modeling therapy,

Qi-Gong

Rebirthing
Regeneration Eugemed therapy
Regenerative cell therapy

Suction cups

Tai-chi
Therapy according to Kneipp
Therapy by Music
Thermography
Therapeutic speech therapy
Trager Method
Touch for Health

Vitalogy
Vital practise according to Vuille

Yoga