

For anyone wishing to change insurance company and benefit



ENGLISH (ENGLISCH)



What sets us apart:

Up to €400 more a year for special health care services

- Osteopathy – annual costs of up to **€150 covered**
- Travel vaccination – costs of certain vaccinations covered; up to **€200 a year**
- Skin cancer screening from 18 and up; up to **€40** every two years
- Homoeopathy – initial and follow-up homoeopathic anamnesis and homoeopathic medicinal products; up to **€240** a year
- Dental sealant with a fixed brace up to the age of 17; one-time subsidy of up to **€100**
- Nitrous oxide sedation during removal of wisdom teeth up to the age of 25; up to **€100**
- Check-up from 18 and up; up to **€50** every three years
- MammaCare breast self-examination course; up to **€30** per course

Bonus programmes and optional tariffs: non-cash benefits

- BONUS fit – over **€150** a year possible for health-conscious conduct
- Children's bonus – up to **€5,000** for the little ones' big dreams
- Deductible tariff – bonus of up to **€360** a year

Free health care courses

- **AOK courses** on exercise, relaxation and nutrition
- Cost of certified courses reimbursed – up to **€300** for two courses a year
- **AOK online programmes** for a healthy lifestyle

Special services for families

- Artificial insemination – **100%** of the costs if the married couple are insured with AOK Hessen
- Pregnancy package with numerous extra services up to **€400** for the expectant mother and **€100** for their accompanying person who is insured with AOK Hessen
- Special care for the prevention of premature births
- Home help **for up to 52 weeks** in the case of acute illness

Always here for you

- In person at our advice centres: book your preferred appointment online at **aok.de/hessen/wunschtermin**
- By phone **24 hours a day, 365 days a year**
- By email **around the clock**
- Via the AOK online portal **Meine AOK** – securely when out and about

Digital services

- **AOK Mein Leben app** – information such as the electronic health record (EHR) to hand in an app at all times
- **Costs covered for certified health care and medical apps** – what are known as digital health care apps (DiGA)
- **Free online coach** for persons insured with AOK to cope better with Type 2 diabetes
- The **AOK health care navigator** simplifies searches for doctors, hospitals, midwives and contact details in an emergency

Convinced? We look forward to hearing from you!



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