

# For anyone who wants to switch and enjoy the benefits

## This is what makes us different:



### Up to €400 a year for special health benefits

- Over-35 check-up from the age of 25; **up to €50**
- Screening for skin cancer even from the age of 18; **up to €40**
- Homoeopathy – initial and follow-up consultation with the homoeopath and homoeopathic medicines; **up to €240 a year**
- Sedation with laughing gas – to remove wisdom teeth, up to the age of 25; **up to €100**
- Osteopathy – costs paid of **up to €150**
- Breast-care class for self-examination; **up to €30 per class**
- Travel immunisation – expenses for certain immunisations are paid for; **up to €200** a year
- Dental sealants in the case of fixed braces up to the age of 17, one-off subsidy of **up to €100**

### Free health and exercise classes

- AOK classes teaching exercise, relaxation and diet. Including jogging classes, gentle back exercise classes, hatha yoga
- Reimbursement for certified courses – **up to €300 for two courses a year**
- AOK online programmes and AOK-live online classes

### Range of special benefits for families

- Artificial insemination – **100%** of costs if both parents are insured at AOK Hessen
- On-call midwife service **up to €250**
- Pregnancy package with many extras **up to €100**
- Home help in the event of acute illness up to 52 weeks
- Class in first-aid for babies and toddlers

### Very easy to reach us

- In person at our advice centres. Arrange an appointment to suit you online at [aok.de/hessen/wunschtermin](http://aok.de/hessen/wunschtermin)
- By phone 24 hours a day, 365 days a year
- By email around the clock
- AOK's "Mein AOK" online portal – secure, mobile connection when you're on the go

### Bonus programme: non-cash benefits

- Bonus fit – **up to €100** a year for health-conscious behaviour
- Children's bonus – **up to €5,000** so the young can dream big

### Optional insurance policies: additional, individual and affordable services

- Policy with a deductible – **up to €360 in reimbursements** a year
- Foreign travel
- Private & double-occupancy rooms
- Dental health cash plan – incl. reimbursements of costs for professional teeth cleaning **up to €60** a year

### Benefits at partner gyms

- Favourable conditions and exclusive benefits at qualifying gyms

### Other offers

- Find a specialist doctor with BetterDoc
- Second medical opinion
- Classes for carers
- And much more besides



**Convinced? We look forward to getting to know you!**



**0800 724 22 06 (at no charge)**



**[aok.de/hessen/international](http://aok.de/hessen/international)**



**[service@he.aok.de](mailto:service@he.aok.de)**

