





AOK PLUS bonus programme

Information leaflet

| Sports and exercise | Preventive healthcare | Social engagement |
|--|---|--|
|  <p>Sports activities 100 points per activity Requirements:</p> <ul style="list-style-type: none"> 10,000 steps a day or heart rate of at least 120 within 30 minutes or 150 kcal within 30 minutes <p>18,000</p> <p>Exclusively via the AOK bonus app!</p> |  <p>Vaccinations according to the recommendation of STIKO 500</p> <p>Preventive dentistry or professional teeth cleaning 500</p> <p>Skin cancer screening 500</p> <p>Cancer screening 500</p> <p>Prenatal care 500</p> <p>Smoking cessation course 500</p> <p>Sports medical examination 500</p> <p>Physical fitness examination for occupational purposes 500</p> <p>Preventive medical check-ups for adolescents (J2) 500</p> <p>Check-up 35 500</p> <p>Check-up till 34 500</p> |  <p>Blood or plasma donation 2,000</p> <p>Bone marrow typing 2,000</p> <p>First aid course 2,000</p> |
| <p>Sporting event 500</p> <p>Sports badge 500</p> <p>Membership in a sports club, gym or purchase of a fitness tracker 3,000</p> | | |
| | | <p>100 bonus points = 1 EURO</p> |

 bonus points

Three ways of participating in the AOK PLUS bonus programme



1.

Participating via the AOK bonus app

Why choose the AOK bonus app?

- Get up to 180 EUR for sports activities
- Easily account for activities through tracking or photo upload
- Administer your contribution rate digitally
- All data is encrypted and secured by password, ensuring secure use of data

This is how it works

Participation requires registration at our online branch at plus.meine.aok.de

1. Download the free AOK bonus app in the App Store or Google Play Store
2. Register for the AOK PLUS bonus programme directly in the AOK bonus app

Note: A smartphone with Android or Apple operating system is required.



2.

Participating via the online branch

Why choose the online branch?

- Easily account for activities through photo upload
- Administer your contribution rate digitally
- All data is encrypted and secured by password ensuring secure use of data

This is how it works

1. Register at our online branch at plus.meine.aok.de
2. Register for the AOK PLUS bonus programme under »My membership«



3.

Participating with the AOK bonus booklet

This is how it works

1. Download the registration form at plus.aok.de/inhalt/bonusprogramm or order for free by phone 0800 1059000
2. Register by filling in the form once and handing it in at your AOK PLUS branch before the 31 December of the first year of participation. The bonus booklet will be sent to you by post.

What else you need to know:

- Participation is open to all members over 15.
- No retroactive registration. Participation starts at the earliest with the online registration or on the day the written application form is received at AOK PLUS.
- Please submit any proof electronically or by means of the bonus booklet by 31 March of the following year.
- Bonus points will be paid out from 500 points up.
- The AOK PLUS bonus programme cannot be combined with the optional contribution rates »AOK PLUS active« and »AOK PLUS pro junior« within one calendar year.
- You may terminate your participation with effect of the end of the year, in writing or electronically.