

## AOK PLUS bonus programme

- 1 Register**  
 Every insured person can participate – children eligible from birth
- 2 Collect**  
 Get points for healthy activities
- 3 Get rewards**  
 Convert bonus points into PLUS services\* or cash rewards

### 1 Register – three ways to take part

	AOK bonus app from 15 years old	"My AOK" online portal from 15 years old	Bonus booklet from birth
Conveniently submit evidence via photo upload			
Manage your own tariff digitally			
Score points for fitness tracking			
	Download the app for free and register directly via the app  	Register in the online portal and take out a tariff  	Download the declaration of participation at: <a href="https://plus.aok.de/bonus">plus.aok.de/bonus</a>

\*PLUS benefits comprise privately funded health benefits such as glasses, implants, alternative treatments and much more. For full information, see [plus.aok.de/bonus/plus-leistungen](https://plus.aok.de/bonus/plus-leistungen). If you only use PLUS services in the calendar year, the payment remains tax-free.

## 2 Collect

Preventive healthcare	Points
Preventive dentistry	500
Professional teeth cleaning	500
Preventive medical check-ups for children U1–U3	1,500
Newborn hearing screening, each child and youth preventative medical check-up U4–J2	500
Skin cancer screening	500
Health check-up	500
Cancer screening	500
Prenatal care	500
Sports-medical examination	500
Aptitude tests and fitness examinations	500
Smoking cessation course	500

<b>Vaccinations recommended for Germany</b>	<b>500 points per vaccination</b>
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Provide digital evidence of activities by uploading photos or including them in the bonus booklet  
Connect your fitness app to the AOK Bonus app for tracking

Sport and exercise	Points
Fitness tracking	Max. 9,000 per year
Fitness tracker purchase	1,000
Gym membership	1,000
Sports club/university sport membership	1,000
Sporting event	500
Sports badge	500

<b>Health goals with the AOK NAVIDA app</b>	<b>Max. 6,000 points per year</b>
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Social engagement	Points
Blood or plasma donation	1,000
Bone marrow typing	1,000

## 3 Get rewards – two options



### PLUS benefits

100 points = EUR 2

Submit invoices for private healthcare services digitally or in paper form for reimbursement



### Cash bonus

100 points = EUR 1

Receive your bonus into your own bank account. Request this digitally or via your bonus booklet.