

AOK PLUS Bonusprogramm

Information leaflet

What are bonus points awarded for?	When do we award bonus points?	What kind of proof is required? (examples)
<p>Sports activities</p>	<ul style="list-style-type: none"> ■ A minimum of 10,000 steps a day ■ Average pulse rate of at least 120 beats a minute within a continuous time interval of 30 minutes ■ A minimum of 150 kcal burned within a continuous time interval of 30 minutes <p>Bonus points are awarded for one activity a day, maximum 15 activities a month and 180 activities a year.</p>	<ol style="list-style-type: none"> 1. record sports activities with a fitness tracker or a fitness app. 2. Transfer data to interface apps which are connected to the AOK Bonus-App (e.g. Google Fit and Apple Health). Tip: check the compatibility with interface apps before buying a new fitness tracker/app. Manually entered activities are not accepted.
<p>Membership in a sports club or gym or purchase of a fitness tracker</p>	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the membership or of the purchase of the fitness tracker 	<ul style="list-style-type: none"> ■ Membership card ■ Proof of the current contribution payment ■ Personal payment receipt for the fitness tracker, e.g. receipt or proof of payment with name and date of birth of purchaser written on it <p>Wearables are accepted as fitness tracker, e.g. fitness tracker bracelets, Apple Watch or pedometers.</p>
<p>German sports badge</p>	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year the sports badge is obtained 	<ul style="list-style-type: none"> ■ Personal certificate ■ Confirmation with stamp/signature of the sports club
<p>Sporting event such as marathon, the cross country run, company runs, etc.</p>	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the sporting event 	<ul style="list-style-type: none"> ■ Personal certificate ■ Extract from the list of runners with member name ■ Confirmation with stamp/signature of the sporting club/company
<p>Vaccinations (diphtheria/tetanus)</p>	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the vaccination 	<ul style="list-style-type: none"> ■ Vaccination card ■ Confirmation with stamp/signature of the doctor
<p>Preventive dentistry or professional teeth cleaning (PZR)</p>	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the treatment <p>Preventive dentistry requires health insurance members of 17 years or under to go to the dentist 2 x per calendar year and members of 18 years or over to go to the dentist 1 x per calendar year for a check-up.</p>	<ul style="list-style-type: none"> ■ Confirmation with stamp/signature of the dentist ■ Invoice/payment receipt for the professional teeth cleaning (PZR) ■ Copy of preventive dentistry bonus booklet

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Check-up 35 or skin cancer screening	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year it is carried out <p>You will receive bonus points for free medical check-ups. Members are entitled to these check-ups once every two years. Skin cancer screening is available to members aged 14 years or over, and have to be carried out by participating dermatologists. Members aged 35 years or over can also go to a general practitioner that is qualified accordingly. Both check-ups can be carried out in different calendar years.</p>	<ul style="list-style-type: none"> ■ Confirmation with stamp/signature of the doctor
Cancer screening	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year the cancer screening is carried out <p>Women over 20 and men over 45 are awarded bonus points for any type of cancer screening that is recommended by law.</p>	<ul style="list-style-type: none"> ■ Treatment record booklet ■ Confirmation with stamp/signature of the doctor ■ Proof of the mammography (50 years or older)
Prenatal care	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year prenatal care is carried out <p>Bonus points are awarded if a total of 3 prenatal ultrasounds is recorded on the maternity card (»Mutterpass«). Bonus points are awarded in the year of the third ultrasound.</p>	<ul style="list-style-type: none"> ■ Treatment record booklet ■ Confirmation with stamp/signature of the doctor ■ Maternity card (»Mutterpass«)
Smoking cessation course	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the course <p>You are awarded bonus points for taking part in a smoking cessation course or for doing the corresponding AOK PLUS online program. Bonus points are awarded in the year of the last course unit.</p>	<ul style="list-style-type: none"> ■ Personal certificate of attendance ■ Confirmation with stamp/signature of the course provider
Preventive medical check-ups for adolescents (J2)	<ul style="list-style-type: none"> ■ 1 x in a lifetime and ■ only in the year the preventive medical check-up is carried out <p>Bonus points are awarded for free preventive medical check-ups for adolescents aged 16 – 17.</p>	<ul style="list-style-type: none"> ■ Confirmation with stamp/signature of the doctor
Physical fitness examination for occupational purposes	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year the examination is carried out 	<ul style="list-style-type: none"> ■ Confirmation with stamp/signature of the doctor/ employer
Blood or plasma donation	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the donation <p>Bonus points are awarded to persons aged 18 or over.</p>	<ul style="list-style-type: none"> ■ Confirmation with stamp/signature of blood donor service ■ Blood donor card
Bone marrow typing	<ul style="list-style-type: none"> ■ 1 x in a lifetime and ■ only in the year of the bone marrow typing 	<ul style="list-style-type: none"> ■ Letter of confirmation of the registration ■ Stamp/signature of the organisation ■ Donor card
First aid course	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the course 	<ul style="list-style-type: none"> ■ Personal certificate of attendance ■ Confirmation with stamp/signature of the course provider
Sports medical examination	<ul style="list-style-type: none"> ■ 1 x per calendar year and ■ only in the year of the course <p>You are awarded bonus points if the doctor has the specialist qualification in »sports medicine«.</p>	<ul style="list-style-type: none"> ■ Invoice/confirmation with stamp/signature of the doctor