



# What do we do for your health?

Find out now and benefit.

**Top  
services at  
a fair price**

**AOK Bremen/Bremerhaven  
Die Gesundheitskasse.**

# Fair price. Best service. Strong performance.

At AOK Bremen/Bremerhaven, you benefit from a fair contribution rate of 1.38%. You can also take advantage of discounts through savings and bonus packages. You get a health insurance company that cares, right here on site. We are represented by nine branches in Bremen and Bremerhaven and our online service is available for you 24/7. Our strong **"Mehr für dich"-services** will also convince you, do your health good and save you money.

We are the health insurance company for Bremen and Bremerhaven – always close by, always there for you.

## What else do we do for Bremen and its people? Ask us.

People from Bremen and Bremerhaven talk about how they experience us, our services and our commitment.

→ [All info](#)

## Our offices



As a provider deeply rooted in Bremen and Bremerhaven, we are where you are. In your neighbourhood, at the universities and colleges.

But we are also there for you online 24/7: we welcome you at [bremen.meine.aok.de](https://bremen.meine.aok.de) or in our **"Meine AOK" app** – whenever you need us. You can already maintain master data, download applications, apply for and bill health courses as part of a constantly growing range of services. This not only saves time, but also printing paper and thus helps our environment. Register now!

→ [All info](#)

# #MehrFürDich

With our "**Mehr für dich**"-services, we offer a first-class range of healthcare services that go beyond the statutory framework for Bremen, Bremerhaven and the surrounding area. With us, there are no long distances or complicated reimbursement processes. Our added benefits are simply good for you and your wallet.

On the following pages you will find an overview of the "**Mehr für dich**"-service portfolio – find out more now!

→ [All Info](#)



## Our top services

You can easily pay the invoice for your health-care service via our app "Meine AOK" or via our online portal – the refund will be in your account within three days.

### 100 % assumption of costs

- Annual skin cancer screening in Bremen and Bremerhaven from the age of 15
- Vaccinations\* recommended by the Standing Committee on Vaccination (STIKO)
- Travel vaccinations recommended by the Federal Foreign Office

### 80 % cost subsidy

- Gum shields
- Sports medical check-up (1/year)
- Homeopathic treatments
- Osteopathic treatments (3/year)
- Floatation protection

### Pro rata subsidy

- Professional dental cleaning twice a year with a maximum of 40 euros each time

\* Provided they are not work-related.



# Young family and pregnancy

Many benefits and savings that go beyond the statutory benefits before and after the birth – here too, reimbursement is made to your account after three days.

## 80 % cost subsidy

- Streptococcus test, toxoplasmosis test, cytomegalovirus test, parvovirus test, triple test (1/pregnancy)
- Birth preparation for one accompanying person (max. 110 euros per course)
- Accommodation of an accompanying person in the parents' room
- Exercise and relaxation courses (max. 110 euros per course)
- ®PEKiP, ®DELFI (max. 80 euros per course)
- Baby swimming, baby massage (max. 80 euros per course)
- Diabetes type 1 screening for children from 2 to 6 years (1/year)

## Pro rata subsidy

- Midwife on-call service (max. 250 euros)
- Domestic aid for up to 52 weeks during illness, pregnancy or childbirth
- First aid course for child emergencies (max. 30 euros per parent)
- Baby-carrying assistance for parents with baby (max. 80 euros per parent)
- Swimming course for children (one-off max. 82 euros)
- Additional paediatric orthopaedic services – head prostheses

# Special medical services

If your health starts to falter, we are prepared. Our regional network of clinics, doctors and therapists is there to help you. By working together, we ensure optimum preventive care, fast diagnostics and state-of-the-art medical treatment and therapy.

Every health is individual, which is why there are a variety of special medical health services, including, for example

→ [All info](#)

- **Mental health** – quick help for mental health problems
- **Pain therapy** – better care and support
- **Heart health** – computer tomography instead of surgery

We also support you with high blood pressure with the **AOK-Herzgesundheit digital** programme. With the help of an app and the support of a coach, you can significantly improve your values through exercise in just twelve weeks.

→ [All info](#)



## The AOK health voucher

**Yoga - Functional training - Outdoor fitness - Back fitness - Pilates - Healthy nutrition and much more**

Want to get active for your health? Excellent! The **AOK health voucher** supports you in this. Twice a year, you can use the **AOK health voucher** to choose a course from a wide range offered by one of the AOK health partners and take part free of charge. Around 500 courses at over 100 partners – also in your neighbourhood.

### This is how it works:

#### 1. Request an AOK health voucher

- **In person:** You can obtain the **AOK health voucher** at our branches or by calling: **Tel. 0421 1761-0**
- **Online:** Simply open the link, fill in the contact form and the voucher will be in your letterbox a few days later!

→ [All info](#)

#### 2. Choose a course

Choose a course that suits you and register directly with one of our health partners.

→ [All info](#)

#### 3. Free participation

You hand in your **AOK health voucher** to our health partner at the start of the course. Important: The course is free of charge for you as soon as you attend at least 80% of the course units. Otherwise, the health partner is entitled to charge you for the costs.

#### Health courses from other providers

If you can't find a suitable course programme in your area from our health partners, you can choose from other quality-approved health courses from other providers. We will reimburse 80% of the costs twice per calendar year up to a maximum of 110 euros per course. Please call us before the start of the course to clarify the possibility of reimbursement.

# AOK-Clarimedis: 24/7 telephone counselling

AOK-Clarimedis is an exclusive service for AOK policyholders and offers clear, understandable explanations of medical issues:

- Medical advice from a team of medical specialists and medical experts such as obstetricians, nurses and nutritional counsellors
- No consultation fees incurred
- Available around the clock, 365 days a year
- Freephone number

Call **0800 1 265 265** (Germany-wide), have your insurance number ready and get free advice from our team of specialists and medical experts!



# The AOK Clarimedis video consultation

The AOK-Clarimedis video consultation offers AOK members the exclusive and free option of video telephony in the comfort of their own home. You can easily book an appointment for such a video call online!

→ [All info](#)

You will receive telemedical advice from specialists and medical staff from **AOK-Clarimedis** on the health issues that concern you.

**Please note:** For diagnoses, prescriptions, certificates or certificates of incapacity for work or sick notes please contact your primary care physician.





# AOK-Duo: the second medical opinion

**AOK-Duo** offers you the opportunity to quickly obtain a second opinion from renowned doctors in the event of life-changing diagnoses. This makes it easier for you to better understand your health situation and make informed decisions. Our service gives you access to highly qualified specialists so that you can consider different perspectives and make the best possible decision for your health.

Uncomplicated service and fast processing – simply fill in the contact form and we will call you back as soon as possible.

→ [All info](#)

# AOK elective tariff and bonus programme

We reward you for being health-conscious and taking care of your fitness.

## **AOK elective tariff:**

- Up to 500 euros payout amount

→ [All info](#)

## **AOK bonus programme:**

- Attractive cash rewards for health-conscious behaviour

→ [All info](#)



## TÜV-certified service quality

- We are there for you around the clock, 365 days a year.
- We are close to you – with many branches and of course online.
- More benefits, more service: you benefit from a wide range of offers for your health and your wallet.
- The **AOK Health Navigator** supports you in your search for hospitals, doctors and obstetricians.

## Members recruit members

Are you satisfied with the services of AOK Bremen/Bremerhaven? Then recommend us to others! If someone decides in favour of us because of your recommendation, we will thank you with a bonus.

→ [All info](#)



## Newsletter

You can find more tips and inspiration from our **health magazine** on the subject of health and lifestyle as well as all the latest news from the AOK world once a month in our **newsletter**. Are you already registered?

→ [All info](#)



## #HierFürDich

We are where you are and, as a health insurance company, we are always at your side.

- In person and on site at our branches
- At regional events
- With health-related programmes and projects
- In collaboration with many cooperation partners





Would you like to switch to  
AOK Bremen/Bremerhaven? It's very easy:

Open the link and fill in the membership  
application form.

→ [All info](#)

Or give us a call and we will arrange a personal  
appointment with you: **Tel. 0421 1761-2112**

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[aok.de/bremen](https://aok.de/bremen)

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