

# Everything included for your health

Our added services for your health and wallet

Your health  
insurance in  
**Bremen und  
Bremerhaven!**

# The best added services, the best customer service

Your health is in safe hands at AOK Bremen/Bremerhaven. You benefit from first-class services and healthcare that only a locally rooted provider can offer you.

- Personal contact in our **ten offices**, over the telephone, on the Internet or via e-mail: You speak with people from Bremen and Bremerhaven, who take care of your concerns with first-class service.
- A wide range of offers for your health and wallet. For example, the **AOK health voucher**, with which you can attend two health courses per year free of charge. Always close to you!
- Offers for individuals of all ages. For example, with our **Programm 750€ PLUS** and many additional savings for **young families**.

The following pages show an overview of the added services on offer from the health insurance company. Make the most of the available benefits!





# The Programm

## 750 € PLUS

In the scope of the **Programm 750 € PLUS\***, we subsidise certain additional health services each year, for example homoeopathy, osteopathy and professional teeth cleaning.

The additional 750 euros are also available for each insured family member. If you are a family of four, for example, we will refund you up to €3,000 for certain additional health services!

How it works: You make use of the offer, submit the bill to us (feel free to do so online via the **My AOK app**) and we reimburse the costs proportionately to the bank account you specify – please read on for more information.



## Professional teeth cleaning

For a healthy and dazzling smile, we proportionately cover the bill for

- two professional teeth cleaning sessions per year performed by a specialist in a dental practice,
- up to 40 euros allowance per treatment (max. bill sum).



## Gum shields

If you or one of your family members practises a risky sport, we reimburse you 80% of the costs for a customised gum shield, provided it is produced by an authorised statutory health insurance physician.

## Sports medical check-up

Do you already regularly play sports or want to start? Then we will take care of 80% of the costs one time for a sports medical check-up performed by a statutory health insurance physician.



## Homoeopathy

More and more people are putting their trust in alternative medicine. We reimburse you 80% of the costs for homoeopathic treatments performed by statutory health insurance physicians with the additional qualification "Homoeopathy".



## Osteopathy

This holistic, manual form of therapy focuses on the body's power to heal itself. We reimburse you 80% of the costs three times per year for quality-assured osteopathic treatments performed by a service provider authorised to practise medicine with an osteopathic qualification. A list of osteopaths can be found [here](#).

## Health and prophylactic care during pregnancy

In addition to the statutory maternity check-ups, we reimburse 80% of the costs for

- a strep test
- a toxoplasmosis test
- a cytomegalovirus test (herpes)
- a parvovirus test (fifth disease)
- a triple test
- antenatal classes for a companion, provided they are also insured with AOK (max. 80 euros per course)
- accommodation for a companion in the parents' room, provided they also insured with AOK
- exercise and relaxation courses for expectant mothers (max. 80 euros per course)

## Health and prophylactic care for young families



You can also benefit from our Programm 750 € PLUS after the birth. We reimburse 80% of the costs (max. 80 euros per course) for

- PEKiP® (Prague Programme for Parents and Children)
- DELFI® (Thinking, developing, loving, feeling, individual)
- Baby swimming
- Baby massage

## Early diabetes screening for children



For children aged between two and six, we reimburse 80% of the costs once per year for early type 1 diabetes screening.

## Swimming protection



You or your child can only go swimming with swimming protection for your ears? Then we cover 80% of the costs for customised swimming protection, provided it is produced on the recommendation of a statutory health insurance physician.

# The Programm 750 € PLUS at a glance

Professional teeth cleaning (2x per year)	Max. €40 each
Gum shields	80%
Sports medical check-up (1x per year)	80%
Homoeopathic treatments	80%
Osteopathic treatments (3x per year)	80%

### During pregnancy

Strep test, toxoplasmosis test, cytomegalovirus test, parvovirus test, triple test	80%
Antenatal classes for a companion (max. €80 per course)	80%
Accommodation of a companion in the parents' room	80%
Exercise and relaxation courses (max. €80 per course)	80%

### For young families

PEKiP®, DELFI® (max. €80 per course)	80%
Baby swimming, baby massage (max. €80 per course)	80%
Early type 1 diabetes screening	80%
Swimming protection	80%







## Plenty of extras for young families

It goes without saying that we have a large range of great offers for the young families to whom we provide cover in Bremen and Bremerhaven. **In addition to the statutory services and the Programm 750 € PLUS**, we offer you and your little ones

- A 24-hour medical consultation hotline (Clarimedis, Tel. 0800 1 265 265)
- Midwife on-call service
- Domestic help in the event of illness, pregnancy or childbirth
- First-aid course for childhood accidents (max. €30 per parent or guardian)
- Baby-carrying assistance for new parents (max. €80 per child)
- Swimming lessons for children (max. €82 per child)
- Additional paediatric orthopaedic services (helmet)



# The AOK health voucher

Yoga · Function training · Outdoor fitness · Back fitness · Pilates · Healthy eating and much more

Do you want to improve your health actively? Excellent! The AOK health voucher can help you do just that. With the AOK health voucher you can choose from the wide range of courses offered by the AOK health partners and take part completely free of charge twice per year. There are already more than 400 courses on offer from over 100 partners – and in your area.

## It's so simple:

### 1. Request the AOK health voucher

**Personally:** You can get your AOK health voucher in our offices or by telephone on **+49 (0)421 16-28105**.



**Online:** [Click here](#) and fill in the form. The voucher will arrive in your letter box in just a few days.

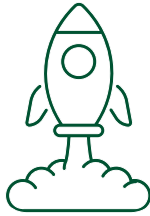
### 2. Choose your course

[Click here](#) and find a course that suits you. Register directly with one of our health partners.



### 3. Free participation

You present your AOK health voucher to our health partner at the beginning of the course. Important: The course is free for you if you attend at least **80% of the course units**. Otherwise the health partner is entitled to bill you the costs.



### Health courses from other providers

If you can't find a suitable course offered by a health partner close to you, you can also choose from further quality-tested health courses from other providers. We reimburse you twice per calendar year 80% of the costs up to max. 110 euros per course. **The same applies here:** For the sum to be reimbursed, you must attend at least 80% of the course units. Please call us before the course begins to clarify possible reimbursement.

#### Ask your doctor

All courses are aimed at healthy people who want to do something for their health. Please speak to your doctor first if you have any existing health problems.

# Bonus and award programmes

We make healthy living and keeping fit worth your while.

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#### → [AOK excess tariff](#)

Up to 500 euros contribution reimbursement.

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#### → [AOK award programme](#)

Great cash and non-cash awards for health-conscious living.

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#### → [#heldenbonus](#)

Up to 130 euros per year via the AOK bonus app for young people (aged 15–30).





# AOK-Duo: The second medical opinion

If you are faced with a life-changing diagnosis, as part of the AOK-Duo scheme we will submit your medical notes to a well-known specialist at your request. This expert will quickly offer an assessment and help you to understand better and get to grips with your medical situation.

- Experienced and specialised doctors by your side.
- Uncomplicated service from your personal contact partners: **+49 (0)421 1761-77222**.

→ [All information](#)

# Additional services for your health

As your health insurance company, we offer you a wide range of added services in many different areas. Make the most of your AOK benefit!

- We will reimburse you up to 100% for all recommended\* **vaccinations** and all **travel vaccinations** which are recommended by the German Standing Committee on Vaccination (STIKO) and the German Foreign Office.
- Full coverage of annual **skin cancer screening** costs in Bremen and Bremerhaven as of 15<sup>th</sup> birthday.

Further information can be found at:

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

\* Unless required for work.



## Our online office

As a health service provider deeply rooted in Bremen and Bremerhaven, we are there precisely where you need us. In your neighbourhood, at the universities and colleges and, of course, also online.

We will be happy to welcome you in our online office at [bremen.meine.aok.de](https://bremen.meine.aok.de). Within the scope of our ever-growing range of services, you can now enter and update your master data, document your activities in the Heldenbonus or apply for health courses and refunds. When you want it, where you want it. Register now! You not only save time but also printing paper – a plus for the environment.

## TÜV-certified service quality

- AOK health navigator for finding hospitals, doctors and midwives.
- 24-hour availability.
- Clarimedis: Free AOK doctor hotline, **Tel. 0800 1 265 265** (video calls also possible).

## Are you already insured with AOK Bremen/ Bremerhaven? Then recommend us to others!

Get your friends, acquaintances and family members to join AOK so they, too, can benefit from the great services offered. You receive a bonus for every new member recruited.

## Do you have any questions on AOK services or your AOK membership?

If so, please do not hesitate to call us!

Bremen: **+49 (0)421 1761-0**

Bremerhaven: **+49 (0)471 16-0**



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

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