

Everything included for your health

Our added services for your
health and wallet

Nope...
no premium
rate increase
in 2023



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 **AOK bonus programme** and many savings for **young families**.

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



Our added services

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

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.

By the way: The additional services are also available for each insured family member.



Professional teeth cleaning

For a healthy and dazzling smile, we reimburse the costs proportionately for

- two professional teeth cleaning sessions per year performed by a specialist in a dental practice,
- up to €40 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 reimburse 80% of the costs once per year 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 an authorised healthcare professional 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 per course)
- accommodation for a companion in the parents' room, provided they are also insured with AOK
- exercise and relaxation courses for expectant mothers (max. €80 per course)

Health and prophylactic care for young families



You also benefit after the birth. We reimburse 80% of the costs (max. €80 per course) for

- PEKiP® (Prague Programme for Parents and Children)
- DELFI® (Thinking, developing, loving, feeling, individuality)
- 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.

All added services 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%

Services for young families and during pregnancy

- Strep test, toxoplasmosis test, cytomegalovirus test, parvovirus test, triple test (1 per pregnancy) 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%
- 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%





- Midwife on-call service
- Domestic help in the event of illness, pregnancy or childbirth
- First-aid course for childhood emergencies (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 (helmets)
- Accommodation of a companion in the parents' room





The AOK health voucher

Yoga · Functional 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.
Around 500 courses on offer from over 100 part-
ners – 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:
Tel. +49 (0)421 17610



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

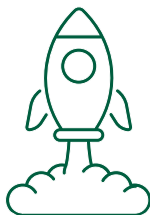
2. Choose your course

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 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.

AOK selective tariff and bonus programme

We make healthy living and keeping fit worth your while.

AOK selective tariff excess:

- Up to €500 contribution reimbursement.

→ [All information](#)

AOK bonus programme:

- Great cash rewards for health-conscious living.

→ [All information](#)



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 on: **Tel. +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 benefits!

- We will cover 100% of the costs for all recommended* **vaccinations** and all **travel vaccinations** which are recommended by the German Standing Committee on Vaccination (STIKO) and the German Foreign Office.
- Coverage of annual **skin cancer screening** costs at the contractually agreed rates in Bremen and Bremerhaven as of 15th birthday.

→ [All information](#)

*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. Within the scope of our ever-growing range of services, you can now enter and update your master data, download applications or apply for health courses and refunds. When you want it, where you want it. Register now! You save not only 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 in Germany, **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: **Tel. +49 (0)421 17610**

Bremerhaven: **Tel. +49 (0)421 160**

