

For anyone wishing to change insurance company and benefit



ENGLISH (ENGLISCH)



What sets us apart:

Up to €400 more a year for special healthcare services

- Osteopathy – annual costs of up to **€150 covered**
- Travel vaccination – costs of certain vaccinations covered; up to **€200 a year**
- Skin cancer screening from the age of 18 and up; up to **€40** every two years
- Homoeopathy – initial and follow-up homoeopathic anamnesis and homoeopathic medicinal products; up to **€240** a year
- Dental sealant with a fixed brace up to the age of 17; one-time subsidy of up to **€100**
- Nitrous oxide sedation during removal of wisdom teeth up to the age of 25; up to **€100**
- Check-up from the age of 18 and up; up to **€50** every three years
- MammaCare breast self-examination course; up to **€30** per course

Bonus programmes and optional tariffs: non-cash benefits

- AGIDA – up to **€360** per year for forgoing face-to-face consultations
- BONUS fit – over **€150** a year possible for health-conscious conduct
- Children's bonus – up to **€5,000** for the little ones' big dreams
- Deductible tariff – bonus of up to **€360** a year

Free healthcare courses

- **AOK courses** on exercise, relaxation and nutrition
- Cost of certified courses reimbursed – up to **€300** for two courses a year
- **AOK online programmes** for a healthy lifestyle

Special services for families

- Artificial insemination – **50%** of the costs plus **max. €250** per attempt if the married couple is insured with AOK Hessen
- Pregnancy package with numerous extra services up to **€400** for the expectant mother and **€100** for their accompanying person if they are also insured with AOK Hessen
- Special care for the prevention of premature births
- Home help **for up to 52 weeks** in the case of acute illness

Always here for you

- In person at our advice centres: book your preferred appointment online at **aok.de/hessen/wunschtermin**
- By phone **24 hours a day, 365 days a year**
- By email **around the clock**
- Via the AOK online portal **Meine AOK** – secure access from anywhere

Digital services

- **AOK Mein Leben app** – information such as the electronic health record (EHR) to hand in an app at all times
- **Costs covered for certified healthcare and medical apps** – known as digital health care apps (DiGA)
- **Free online coach** for persons insured with AOK to help them cope better with Type 2 diabetes
- The **AOK healthcare navigator** simplifies searches for doctors, hospitals, midwives and contact details in an emergency

Convinced? We look forward to hearing from you!

0800 00 00 255 (free of charge)

aok.de/hessen/international

facebook.com/aokhessen
youtube.com/AOKDerGesundheitskanal
twitter.com/aokhessen
instagram.com/aokhessen

Correct as at 02/22