

AOK PLUS bonus programme info sheet

Activities awarded with bonus points:	How often is the activity recognised? Considerations?	Please submit this evidence to us:
Fitness tracking	<p>Bonus points are awarded for activities you record with a fitness tracker/app (no manual recording).</p> <ul style="list-style-type: none"> • 1× per day (max. 15/month or 180/year) <p>Requirement:</p> <ul style="list-style-type: none"> • At least 10,000 steps per day • 120 heartbeats per minute for at least 30 minutes, or • At least 150 kcal within 30 minutes 	<ul style="list-style-type: none"> • Transfer fitness data via fitness tracker/app to the interface apps • Interfaces to the AOK bonus app include Google Fit, Fitbit, Apple Health or Samsung Health
Health goal	<p>You receive bonus points for achieving a health goal in the 'AOK NAVIDA' app.</p> <ul style="list-style-type: none"> • Up to 4× per year <p>Requirements:</p> <ul style="list-style-type: none"> • Register in the AOK Bonus app (from 15 years old) • Register in the 'AOK NAVIDA' app (from 18 years old) • Use a fitness tracker, smartwatch or fitness app to transfer your fitness data 	<p>Bonus points are automatically transferred to the AOK Bonus app</p>
Sports club/university sportmembership	<ul style="list-style-type: none"> • 1× per year 	<ul style="list-style-type: none"> • Membership card • Current evidence of membership payments
Gym membership	<ul style="list-style-type: none"> • 1× per year 	<ul style="list-style-type: none"> • Membership card • Current evidence of membership payments
Fitness tracker purchase	<ul style="list-style-type: none"> • 1× per year <p>We recognise wearables as fitness trackers, e.g. fitness wristbands, Apple Watch or pedometers.</p>	<ul style="list-style-type: none"> • Personalised proof of purchase with name and date of birth
German Sports Badge (e.g. hiking badge)	<ul style="list-style-type: none"> • 1× per year 	<ul style="list-style-type: none"> • Personalised certificate • Confirmation letter with stamp/signature from the sports club
Sportveranstaltung wie Stadtläufe, Punktspiele, Fitness-Tests etc.	<ul style="list-style-type: none"> • 1× per year 	<ul style="list-style-type: none"> • Personalised certificate • Personalised extract from the running list • Confirmation letter with stamp/signature from the organiser
Domestic vaccinations	<p>You can find out which vaccinations are recommended at aok.de/pk/leistungen/impfungen/ueberblick/. Your bonus will be credited for the year of vaccination. Combination vaccinations are considered one activity.</p>	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor • Vaccination card
Preventive dentistry	<ul style="list-style-type: none"> • Up to 5 years: 1× for the year of check-up • 6 to 17 years old: 2× for the year of each check-up (bi-yearly dentist visit) • From 18 years old: 1× for the year of check-up 	<ul style="list-style-type: none"> • Copy of your dental care booklet • Confirmation letter with stamp/signature from the dentist

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Professional teeth cleaning (PTC)	<ul style="list-style-type: none"> • 1× for the year of treatment 	<ul style="list-style-type: none"> • Invoice/payment receipt for PTC • Confirmation letter with stamp/signature from the dentist
Check-Up 35	<ul style="list-style-type: none"> • 1× for the year of check-up Bonus points are awarded every three calendar years for a free preventive medical check-up.	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor
Check-Up bis 34	<ul style="list-style-type: none"> • 1× for the year of check-up Bonus points are awarded on one occasion between the ages 18–34.	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor
Skin cancer screening	<ul style="list-style-type: none"> • 1× for the year of check-up Bonus points are awarded to those over 14 every two calendar years for a free preventive examination by a dermatologist (also by a qualified family doctor from the age of 35).	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor
Cancer screening	<ul style="list-style-type: none"> • 1× for the year of the check-up You receive bonus points for the legally recommended early cancer detection for women from the age of 20 and men from the age of 45.	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor • Preventive care pass • Proof of mammography (from 50 years old)
Prenatal care	<ul style="list-style-type: none"> • 1× for the year of the third ultrasound examination Bonus points are awarded when three preventive ultrasound examinations are documented in your maternity record.	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor • Preventive care pass • Maternity record
Smoking cessation course	<ul style="list-style-type: none"> • 1× for the year of the last course unit Bonus points are awarded to those over 18. Online courses are also accepted.	<ul style="list-style-type: none"> • Personalised participation certificate • Confirmation letter with stamp/signature from the course provider
Kinder- und Jugendvorsorgeuntersuchungen U1 bis J2	<ul style="list-style-type: none"> • For U1–U3: 1× for the year of the U3 check-up Children are awarded bonus points if all three U check-ups are documented	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor • Gelbes U-Heft (yellow booklet)
Newborn hearing screening	<ul style="list-style-type: none"> • 1× for the year of the screening 	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor • Gelbes U-Heft (yellow booklet)
Aptitude tests and fitness examinations	<ul style="list-style-type: none"> • 1× for the year of the examination 	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the doctor
Blood or plasma donation	<ul style="list-style-type: none"> • 1× for the year of the donation Bonus points are awarded to those over 18.	<ul style="list-style-type: none"> • Confirmation letter with stamp/signature from the blood donation service • Blood donor card
Bone marrow typing	<ul style="list-style-type: none"> • 1× for the year of typing Bonus points are awarded on one occasion per lifetime.	<ul style="list-style-type: none"> • Registration confirmation letter • Stamp/signature of organisation • Donor card
Sports-medical examination	<ul style="list-style-type: none"> • 1× for the year of examination Bonus points are awarded if the doctor possesses an additional sports medicine qualification.	<ul style="list-style-type: none"> • Invoice/confirmation letter with stamp/signature from the doctor