

# Information sheet for Alternative Insurance.

(AVB 01.2017, AVB 01.2010, AVB 01.2001 and AVB 01.1997)

## CSS list of methods

An obligation to pay benefits on the part of CSS Versicherung AG only exists for those methods and subsidiary methods specifically indicated in the following list, which is final and exhaustive (EMR method number in parenthesis).

Acupressure (3, 417, 4171)	Ear acupuncture (135, 136)	Painting therapy (114, 115, 234, 2341, 2342)
Acupunct massage (6, 401, 4011)	Electrotherapy (66, 118)*	Pharmaceutical therapy (300, 320, 340, 343, 360, 3001, 3201, 3401, 3431, 3601)*
Acupuncture (4, 5, 340, 341, 344, 3401, 3411, 3441)*	Electroacupuncture (64)	Phyto therapy (145, 146)
Alexander technique (7, 400, 4001)	Eutony (73, 408, 4081)	Plastisch-therapeutisches Gestalten (148)
Anmo/Tuina (8, 9, 340, 342, 344, 3401, 3421, 3441)	Eurhythmic therapy (89, 410, 4101)	Polarity (149, 412, 4121)
Anthroposophic medicine (10)	Fascia therapy (421, 4211)	Psychomotorics (152)
Aquatic bodywork (402, 4021)	Feldenkrais therapy (78, 409, 4091)**	Rebalancing (413, 4131)
Aroma therapy (11)	Foot reflexology (81, 118, 221)	Reflexology massage (163, 221)
Art therapy (231, 232, 233, 234, 235)	Functional Orthonomie and Integration (FOI), additional qualification (84)	Reflexology (240, 360, 3601, 419, 4191)
Autogenic training (20)**	Hatha yoga (88, 416, 4161)**	Respiratory therapy (13, 403, 4031)
Ayurveda nutrition counselling (23, 24, 57)	Homeopathy, classic (91, 320, 3201)	Regulation therapy (300, 320, 340, 341, 342, 343, 344, 360, 3001, 3201, 3401, 3431, 3441, 3601)
Ayurveda medication (25, 26)	Horse-assisted therapy (90)	Rolfing/structural integration (166, 418, 4181)
Ayurveda massage (27, 28, 57, 300, 3001)	Hydrotherapy (118, 220)*	Rhythmic massage (213, 422, 4221)
Ayurveda therapy (404, 4041)		
Ayurveda castings (28, 300, 3001)		
	Intermedial therapy (97, 235, 2351, 2352)	Shiatsu (172, 415, 4151)
Bach blossom therapy (29)	Kinesiology (100, 411, 4111)	Sophrology Bio-Dynamique/ Caycédienne (174, 214)
Biodynamics (420, 4201)		Spiraldynamik (500, 501)
Bio-feedback (37)		
Bio resonance therapy (38, 360, 3601)	Laser acupuncture (107, 108)	Therapeutical speech therapy, anthroposophic (177, 232, 2321, 2322)
Bio resonance therapy, additional qualification (56)	Leaching (44, 300, 360, 3001, 3601)	Therapeutic puppetry (158)
Brain Gym (45)	Lymph drainage, manual (111, 118)	Tomatis (190)
		Touch for Health (191)
Classical massage (102, 221)	Massage techniques (118, 360, 3601)*	Trager method (192, 423, 4231)
Colonic irrigation (51)	Medau organic-rhythmic movement training (138)	
Colonic massage (221)	Meso therapy (120)	Vertebral equilibrium (206)
Colour point (75)	Movement therapy integrative/clinical (32, 231, 2311, 2312)	
Colour therapy (76)	Movement and body therapy (405, 4051)	
Compresses/fomentation (204, 118)	Moxa/Moxibustion (123, 124)	
Connective tissue massage (34)	Multi-step oxygen therapy (168)	
Creative therapy (234, 2341, 2342)	Music therapy (127, 128, 233, 2331, 2332)	
Craniosacral therapy (53, 407, 4071)	Muscle reflex zone massage (221)	
Cupping (169, 170)		
	Neural therapy (only if administered by doctors and dentists)	
Dance and movement therapy	Nutrition counselling (68, 69)	
Hauschild-Sutter (184, 231, 2311, 2312)	Nutrition therapy (300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)	
Dietetics NHP (218)		
Diverting procedures (28, 170, 219, 300, 340, 341, 342, 343, 344, 360, 3001, 3401, 3431, 3441, 3601)*	Ortho bionomy (139)	
Dorn-/Breuss-therapy (360, 3601)	Osteopathy (141, 223, 2231, 2232)	
Dorn therapy, additional qualification (43)	Ozone therapy (142)	
Drama therapy (58, 232, 2321, 2322)		

## Notes

Under the abbreviation EMR CSS understands the Register of Empirical Medicine (EMR, Basel).

\*Explanations on the individual methods:

- Acupuncture includes Electro acupuncture, Laser acupuncture, Moxibustion and Ear acupuncture
- Diverting procedures includes: cupping, baunscheidt method, guasha, pruing, bleeding
- Electrotherapy as in EMR no. 66: only the conventional form
- Hydrotherapy as in EMR no. 118 and 220 includes: castings, use of water jets, baths, kneipp-water-application, balneology, compresses, fomentations, fango
- Massage techniques as in EMR nos. 118, 360 and 3601 (includes connective tissue massage, colon massage, classical massage, trigger point massage)
- Pharmaceutical therapy includes: Phyto therapy, Homeopathy functional, Bach blossom, Spagyrik, Biochemistry according to schuessler, etc.

\*\*Only individual therapy (and not group therapy) is covered