

# GREAT BENEFITS – FIRST-RATE SERVICE



## PERSONAL ADVISER

Whatever you want to discuss, one phone call is all it takes to speak to the right person. Your **personal adviser** will handle **all your enquires** and those of your relatives insured on the policy. Communication with the personal touch.



## ONLINE OFFICE

Our online office is always open for business. As a member of BKK GILDEMEISTER SEIDENSTICKER, you can access a range of services **around the clock** and quickly and easily check your personal data. This practical service saves you a great deal of time.



## SERVICE HOTLINE

Have you got a question? We're here to help. You can access our **24-hour hotline** by calling +49 (0)800 0255 255 (free within Germany) at any time – **365 days a year around the clock**.



## BONUS SCHEME

Do you already lead a healthy lifestyle or are planning to do so? Then take advantage of our bonus scheme. Boost your quality of life with fitness and preventive medicine – and earn a cash bonus of up to **€200** or up to **€220** in your health account each year.



## SPORTS CHECK-UP

Do you want to get active? If so, we will contribute up to **€60** to the costs of a **sports-related medical examination** every two years. Under certain circumstances, we will even raise this amount to **€120**, enabling you to book an even more thorough examination.



## ALTERNATIVE MEDICINE

Sometimes the best alternative. Going above and beyond what we are required to do by law, we offer you up to **€50 a year for alternative medicine** from the fields of homoeopathy, phytotherapy (plant-based medicine) and anthroposophy.



## OSTEOPATHY

All-round balance. Osteopathy includes manual diagnosis and treatment on the musculoskeletal system, internal organs and the nervous system. We will contribute up to **€120** per calendar year to **the cost of your osteopathic treatment** (three sessions up to €40 each).



## HEALTH BREAK

Why not take a **one-week health break**?\* We will pay up to €100 a year. And it's up to you whether you would like a **week of fitness** or if you would prefer our **'fitforwell' programme**.



## HEALTH COURSES

Would you like to cook healthier meals, cut down on cigarettes or do more for your back? If you attend regularly (at least 80 per cent of the sessions), we will cover the cost of **two quality-assured health courses\*** at up to **€75** per course and focus area.

\* We are permitted to contribute to a maximum of two preventive measures (health trip or health course) as set out in the preventive health guidelines.

## BKK GILDEMEISTER SEIDENSTICKER

Sales Team | post office box 14 01 60 | 33621 Bielefeld  
+49 (0)521 5228 3752 | info-vertrieb@bkkgs.de  
www.bkkgs.de

**BKK** GILDEMEISTER  
SEIDENSTICKER

Einfach. Gut. Für Alle.