

BKK GILDEMEISTER
SEIDENSTICKER



Einfach. Gut. Für Alle.



**SIMPLE.
GOOD.
OPEN TO ALL.**

BKK GILDEMEISTER SEIDENSTICKER can do more than hold its own with other health insurers. Here are just a few of our recent ratings in consumer tests:



Top health insurance



Good additional benefits



Very good health promotion



Good service



Personal adviser

Your personal adviser will handle all your enquiries.



Online office

With us, you can access all key data whenever and wherever you are.



Service hotline

We are there when you need us – 24/7 and 365 days a year.



Bonus scheme

Cash bonus of up to €200 or up to €220 in your health account.



Sports check-up

Do you want to get active? We're here to help.



Alternative medicine

Up to €50 a year for alternative medicine.



Osteopathy

Up to €120 for osteopathic treatments.



Health break

A week of fitness or our 'fitforwell' programme? We pay up to €100.



Health courses

We will bear the cost of two quality-assured health courses up to €75.

SIMPLE. GOOD. FOR A HEALTHY LIFESTYLE ...



... **Fitness week**

Whether sport, nutrition or tips for daily healthy living, a fitness week is time just for you. We will support you with €100 a year.*

... **'fitforwell' programme**

This is our four-day fitness programme to keep you healthy. It includes exercise, nutrition and relaxation, and can be tailored to your health needs. BKK GILDEMEISTER SEIDENSTICKER offers you an annual subsidy of €100.*

... **Health courses**

With a maximum contribution of €75 per course and focus area, we will help you design your own personal health programme. If you attend regularly, we can subsidise two courses a year.*

... **Preventive dental care**

Healthy and attractive teeth are not only important for maintaining a well-groomed appearance, but for health reasons too. That's why we are happy to bear the cost of preventive dental care for you and your children.

* 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.

... **Check-up 35**

Once you turn 35, you can arrange a free health check-up every two years.

... **Cancer screening and prevention**

Prevention is better than cure. Take advantage of additional screening offers that go well beyond what is required by law – no age limit applies.

... **Breast cancer**

If younger women exhibit risk factors, we contribute up to €50 a year to the cost of a mammogram or an ultrasound test.

... **Skin cancer**

BKK GILDEMEISTER SEIDENSTICKER also offers its younger members the chance to benefit from a skin cancer screening. We would be happy to inform you personally about the particular conditions applicable in each federal state.



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.

SIMPLE. GOOD. FOR THE WHOLE FAMILY.



Prenatal care plus

We'll give you up to €100 a year for our special benefits during pregnancy. These include a toxoplasmosis test, a nuchal scan, a 3D ultrasound scan and an early-stage ultrasound scan.

Prenatal classes for mums and dads

We also reimburse our male members for the cost of prenatal classes up to €50.

Midwife on call

To ensure the best care for you and your baby around the clock, we cover the cost of having a midwife on call (up to €150 per pregnancy).

Baby bonus

Newborns also enjoy excellent care and extensive cover. Get an additional €50 baby bonus.

Homoeopathic treatments

As a member, you are entitled to a free quality-assured course of treatment. We work with doctors who are also qualified homoeopaths.

MINIKIT

All newborn members receive a BabyNest® sleeping bag from Odenwälder. What's more, we offer plenty of early-years support for you and your child on the 'MINIKIT' area of our website.

Additional help in the home

We will cover the costs of additional domestic help, going far beyond the benefits we are required to provide by law.

Vaccination advice and cover

We provide you with a budget of up to €100 a year for travel and other refundable vaccinations that are not charged via your health insurance card. We will be happy to advise you on which vaccinations are recommended.

BKK Starke Kids ('Strong Kids') programme

Unlike many other statutory health insurers, we cover the costs of the U10, U11 and J2 check-ups when performed by participating approved doctors.

'Hello baby' programme

BKK GILDEMEISTER SEIDENSTICKER supports you with its 'Hello baby' programme to give you maximum peace of mind during pregnancy and to reduce potential risks to your unborn child.

Osteopathy

We support members of BKK GILDEMEISTER SEIDENSTICKER and their choice of osteopath with an annual subsidy of up to €120 (three sessions up to €40 each).

FamiliePlus

FamiliePlus accompanies you and your family through every stage of life: from the first ultrasound of a pregnancy right through the golden years. And with the prevention reminder feature, you can keep track of all of your family's important health-related appointments.

**SIMPLE. GOOD.
FOR A GREAT START TO YOUR CAREER.**



Bonus scheme

Are you physically active, do you visit the dentist regularly and are your vaccinations up to date? This is a great way to start our bonus scheme and will earn you €30 straight away.

Vaccination advice and cover for recommended vaccinations

If you're planning a holiday abroad, we would be happy to advise you on which vaccinations are recommended for your destination. As part of your €100 annual vaccination budget, we will, for example, bear the cost of malaria prophylaxis and vaccinations against Japanese encephalitis for private trips abroad.

Prevention Plus

If diagnosed early, many illnesses respond well to treatment and can be fully cured. To ensure that members of BKK GILDEMEISTER SEIDENSTICKER can always benefit from screening programmes that make sense, we have extended our range of preventive benefits. We support screenings, such as for breast and skin cancer, regardless of age.

Gyms

You would like to join a gym? Excellent decision! We work with a host of different gyms, and thanks to these partnerships, you receive a reduction on your membership fee.

Health courses

If you're feeling the pressure of exams, experiencing headaches or simply need a change of pace to ease the tension, you can get back in form with yoga and many other quality-assured health courses. If you attend regularly, we will give you up to €75 per course and focus area for two courses a year.

Sports-related medical examination

Do you want to get active? A sports-related medical examination and consultation will show you what training is right for you. We will reimburse you up to €120 every two years.

SIMPLE. GOOD. 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.

Digital inbox

Send us your messages, forms, documents, etc. in a simple and secure manner using your digital inbox. We will respond in the same way. It's not only quicker than the post, but is also easy to use and completely secure thanks to the SMS TAN system. Your messages and enquiries will be stored in one place, meaning you can access them quickly at all times.

Our newsletter

Would you like to get the latest information and tips on health, medicine and fitness before anyone else does? All you have to do is sign up for our newsletter: www.bkkgs.de/newsletter

Gesundheitsjournal

Our online magazine offers you the perfect blend of information, ideas and tips for a healthy and active lifestyle. To make sure you never miss an issue, take out a free, no-obligation subscription for all four issues a year. To sign up, just go to www.bkkgs.de/journal.

24-hour 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.

Health hotline

Whether you are looking for a suitable GP or consultant, the information leaflet for your medication or information on the side effects of your treatment, call our health consultants on +49 (0)521 5228 7799 for expert, discreet advice round the clock.

Parenting hotline

If you are looking for tips on eating healthily, have questions about certain medicines or need medical advice before travelling abroad with your child, then call the qualified team of experts on the BKK GILDEMEISTER SEIDENSTICKER parenting hotline on +49 (0)521 5228 7788.

International hotline

No one wants to get ill on holiday or on a business trip. Coming down with an illness is a particularly unpleasant experience abroad. So call our international hotline on +49 (0)521 5228 7777 for quick, clear advice from our experts on a wide range of topics.

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