



REGULATIONS ON WELLNESS CHEQUES

Regulations on Visana Wellness Cheques, valid from 1 October 2025

General Terms and Conditions

- Wellness Cheques are not part of any insurance cover and are therefore not governed by the General Conditions of Insurance (GCI) or the Supplementary Conditions (SC). Wellness Cheques are benefits offered voluntarily by Visana, to which there is no entitlement and which can be changed or cancelled by Visana at any time. Wellness Cheques are governed exclusively by these regulations.
- The purpose of Wellness Cheques is to provide all insured persons holding Outpatient, Basic, Basic Flex, Outpatient Managed Care or Outpatient VIVA top-up insurance with an annual contribution for specifically designated sports-related leisure activities with the objective of promoting health (prevention).
- Invoices can be submitted via the myVisana app. Wellness Cheques are valid for activities or courses during the respective calendar year. The activity/course will be deemed to have been held in the calendar year during which it started.
- No more than 1 Cheque in each category (Fitness, Wellness and Fit & Fun) can be redeemed each year. This means that no more than the respective maximum amounts will be paid out.
- Cheques for newly insured persons are valid from the date on which insurance with Visana started (the activity or course must start after this date).
- Invoices must be submitted within five years of the invoice date.
- In general, only one Cheque can be used per invoice. If multiple wellness courses/activities from the same provider are attended, resulting in different contributions, these can be listed on one invoice. However, they must be clearly identifiable as separate courses, and the costs for each course must be listed individually.
- For invoices pertaining to combined programmes, a maximum of CHF 250 (Cheques no. 1 and no. 3) will be reimbursed, regardless of which activities/courses are attended. Wellness Cheque no. 2 can only be redeemed if a corresponding separate invoice is issued.
- Invoices must contain the following information: surname and first name, insurance number, brief description of activity, course dates (or start date and duration), course location, costs, and the invoice issuer's stamp and signature or receipt.
- The Cheques cannot be used to pay the deductible or retention fee.
- These Regulations may be amended by Visana at any time

The following benefits are covered according to the regulations:

Cheque no. 1 – Fitness

- Subscriptions to indoor and outdoor fitness providers. The subscription can be used without restriction for strength training and/or fitness courses and/or offers at your discretion. No contribution is provided for home equipment.
- Subscriptions to publicly accessible saunas, thermal baths, steam baths and salt baths (no home saunas)

Benefits:

- Maximum of CHF 200 for an annual subscription (or at least four 10-session subscriptions)
- Maximum of CHF 100 for a six-month subscription (or at least two 10-session subscriptions)
- Live streaming programmes are included.

Cheque no. 2 – Wellness

- Active relaxation courses, e.g. autogenic training, qigong, prenatal and postnatal gymnastics, tai chi, yoga

Benefits:

- Maximum of CHF 100 for courses with more than 10 classes
- Maximum of CHF 50 for courses with up to 10 classes or 2 full-day live seminars
- Streaming content is included.

Cheque no. 3 – Fit & Fun

- Active fitness courses, at least 8 classes, e.g. aerobics, aqua gym, 'abs, legs and glutes', body shaping, cardio fitness, gymnastics, Jazzercise, Nordic walking, Pilates and German gymnastics

Benefits:

- Maximum of CHF 50 for courses
- Live streaming programmes are included.

No benefits are provided covering admission to indoor or outdoor swimming pools or for sports clubs' membership fees.