

List of KPT Benefits for Health Promotion

Valid from 01.07.2024

KPT recognises the activities listed in the table below as health promotion measures in accordance with the special conditions of Pulse supplementary outpatient insurance under Eco (Art. 8), Top (Art. 11) and Premium (Art. 12) and makes payments based on the level of cover arranged:

- Under Pulse **Eco**: up to CHF 50 per calendar year under Category 1 or Category 2
- Under Pulse **Top**: up to CHF 200 per calendar year under Category 1 or Category 2
- Under Pulse **Premium**: up to CHF 600 per calendar year (max. CHF 300 per category)

Categories	Activity
Category 1: fitness, courses and well-being Subscriptions/memberships lasting more than 3 months or from 10 course sessions/ classes	– Fitness centre memberships – Group fitness classes at the fitness centre – Personal trainer – Aqua fitness – Training apps (Freeletics and Strava Premium app only) – Yoga – Pilates – Strength and conditioning training – Pregnancy yoga – Pregnancy pilates – Postnatal rehabilitation yoga – Postnatal rehabilitation pilates – Postnatal exercise classes – Nordic walking – Aerial hoop – Climbing courses/climbing gym membership – Back therapy – Seasonal memberships for indoor/outdoor pool – Antara yoga – Participation fees for fun runs and cycling races – Parkour classes – Dance classes – First aid and baby first aid courses – Music lessons (via Matchspace Music) – Parent and child gymnastics – Swimming classes for children including baby swimming or parent and child swimming – Chi ball – Tai chi – Smoking cessation courses – Fall prevention courses – Self-defence courses – Breathwork coaching/intermittent hypoxia hyperoxia therapy (IHHT) – Meditation courses



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Categories**Activity****Category 2: sports clubs**

Active membership in a sports club whose national sports association is recognised by **Swiss Olympic**.

KPT only contributes towards active memberships in sports clubs whose national sports association is recognised by Swiss Olympic.
