

# Services and benefits from A to Z

## Acupuncture

Our innovative “acupuncture pilot scheme” has been highly instrumental in increasing recognition of this method of treatment. Acupuncture is available to TK members with chronic back or knee pain. (Search term: 2002272)

## Alternative remedies

The TK covers 100 percent of the costs of alternative remedies up to an amount of 100 EUR per member per calendar year. All your doctor has to do is issue a private prescription or green prescription. This applies to remedies prescribed in the following fields: homoeopathy, anthroposophy, and phytotherapy (herbal medicine). Medically necessary natural remedies for children under twelve are billed as a statutory health insurance benefit via the TK health card. (Search term: 2001026)

## Medication database

Especially for you: the Stiftung Warentest drug information service with more than 8,000 tested and rated medications including price comparisons. (Search term: 2009706)

## Free choice of doctor and hospital

You choose the clinics and community-based doctors you prefer. For us, it goes without saying that you should be able to go to the doctor or hospital you want! You decide on the right hospital for you in agreement with your doctor. The only requirement is that you choose a suitable hospital bound by contract to the health insurance providers. (Search term: 2008482)

## Home help

Are you looking after children under 14 at home, or are you taking care of a disabled child in need of extra help? Is there nobody in your household who can stand in for you? If this applies to you, we can assign you a home help if you have to go to hospital, receive preventive or rehabilitative treatment as an inpatient or outpatient, are entitled to nursing care at home, or have to accompany another child (insured by the TK) to the doctor or hospital. (Search term: 2017710)

## Skin cancer screening

The TK offers skin cancer screening to its members from the age of just 20 – i.e. before they are legally entitled to this type of preventive measure. Members can have dermatologists bound by contract to the TK perform these checks every two years. (Search term: 2010252)

## Midwife on call

The TK pays the costs incurred when you have a midwife on call. This service is always charged at a flat rate. The TK reimburses up to 250 EUR of the birth costs. All the expectant mother has to do is send the midwife's original invoice to the TK. (Search term: 2007806)

## Homoeopathy

All TK members can obtain treatment from community-based homoeopathic doctors anywhere in Germany. We pay the costs of the in-depth initial consultation (approx. 60 minutes), during which the causes of your health problem are analysed in detail. This may be followed by further appointments and shorter homoeopathic consultations. The great thing is that you won't incur any other costs. (Search term: 2002136)

## Osteopathy

Osteopathy is frequently seen and valued as a complement to conventional medicine. The TK will bear part of the cost of osteopathic treatment in certain circumstances. (Search term: 2001884)

## Travel vaccinations

If you are planning a private trip abroad, we will pay the costs (less the additional charge for the vaccine if applicable) of the vaccinations recommended by the Standing Committee on Vaccination (STIKO) for your destination country. These include vaccinations against hepatitis A and B or malaria prophylaxis. (Search term: 2009676)

## Sport check-ups

TK members receive subsidies from the TK allowing them to take advantage of sport check-ups and consultations every two years. These check-ups must be performed by a licensed sport physician. 80 percent of the invoice amount will be reimbursed; however, no more than 60 EUR will be reimbursed for basic check-ups and no more than 120 EUR for more comprehensive screening (including basic check-ups). (Search term: 2009848)

## TK app

The TK app (search term: 2023650) offers numerous functions that allow you to deal with your TK business quickly and easily using your smartphone. These include:

- Sending sick notes and documents
- Sending messages to the TK

- Receiving letters from the TK online
- Full digital use of the TK-Bonus Program
- Fitness program with access to the Apple Health app or Google Fit

### TK-Bonus Program

It always pays to take care of your health. However, it isn't always easy to stick to your resolutions as you go about your daily life. This is why the TK helps you to keep motivating yourself. Take part in our TK-Bonus Program! (Search term: 2000672)

### TK-EuropeService

In many of Europe's holiday regions, you can benefit from special TK contracts with selected clinics. This gives you access to quality-controlled clinics in the event of an emergency. (Search term: 2017068)

### TK-HealthCoach

Our digital TK-HealthCoach never gets tired of looking after you. Round the clock, in all matters relating to stress, diet and exercise. Actually, it isn't just a single coach; it's made up of seven online specialists in the fields of stress prevention, burnout, diabetes, diet, fitness, headaches, and giving up smoking. (Search term: 2023460)

### TK-Clinic Guide

Looking for a clinic? We can give you information about more than 1,000 different institutions. With the TK-Clinic Guide, you can find out how happy other TK members were with their inpatient treatment. (Search term: 2020998)

### TK-Services

We are here for you – in many different ways and also outside office hours, for example with **TK-MediCall**, where you can immediately get competent answers to your questions round the clock from 100 specialists in the most important branches of medicine. The same service is offered by the paediatricians at **TK-FamilyMediCall**, who will give you information about your child's health. The **TK-TravelMediCall** service will assist you if you need medical advice while you are abroad, and can also help you find a local doctor who speaks German or English. Our **TK-AppointmentService** is particularly helpful and will make an appointment for you with your family doctor or specialist (except appointments for treating psychiatric illness). (Search term: 2009696)

### Optional tariffs from the TK

Use the freedom to adjust your insurance cover in line with your personal needs! This is possible with the numerous optional tariffs offered by the TK. These optional tariffs can give you access to additional services or save you money. With the "TK-Tariff Traveller", for example, you can enjoy comprehensive health insurance on trips abroad

and benefit from exclusive services. (Search term: 2008436)

### Check-ups for school-aged children

The U10 (seven to eight years), U11 (nine to ten years), and J2 (16 to 17 years) examinations offered by the TK close the gaps in the paediatric screening program for children and young people. (Search term: 2010186)

### Supplementary insurance with your TK

You can top up your insurance cover with various supplementary insurance programs offered by our exclusive cooperative partner Envisas Krankenversicherung AG. These cover treatment by senior consultants, dentures, and travel abroad, for example. There are of course also tariffs with which you can protect yourself financially in the event of your needing long-term nursing care; subsidies may also be available from the state. (Search term: 2008436)

### FOCUS-MONEY



We don't just claim to offer more; this has actually been confirmed by independent test institutions. FOCUS-MONEY (7/ 2018 edition), for example, has rated us the best Health insurance provider in Germany for the twelfth time in a row.

### You can depend on us

The TK-ServiceTeam is ready to help you 24 hours a day, 365 days a year.

- Telephone: 0800 - 285 85 85 (no charge if calling from within Germany)
- tk.de
- service@tk.de

You will find more information about our services and benefits in the internet at tk.de. Please enter the search terms mentioned in the descriptions on our website tk.de. Some of the information is only available in your personal password-protected area, "My TK".