

**BARMER**

**The very best services  
for your health**



# For us, health means thinking ahead

Today, we are more self-determined, proactive and aware – especially when it comes to our health. That's why we at BARMER use our experience to develop services that help you to stay healthy.

## We offer excellent protection for your health that fits in with your life



### €200 extra budget for families

Our Family Plus Package: A package to suit you. You can get up to €200 per pregnancy and family for additional services, which you can choose and combine however you like to suit your needs – for example, additional tests and medications, osteopathy, professional teeth cleaning or midwifery services in English. A package offering you better health, extras and peace of mind.

We also support you with our children and youth programme, for example with beneficial additional health screenings.

[www.barmer.de/familienplus](http://www.barmer.de/familienplus)



### Valuable second opinion

The teams of medical experts at BARMER Teledoktor advise you across all healthcare areas – from asthma to toothaches. They will answer any questions you may have about dentures or if you want a second opinion before scheduled surgery, and they will support you in managing your appointments with specialist doctors, so you can return to full health quickly. You can reach the Teledoktor by calling **0800 333 3560 (in English)\***. For more information visit [www.barmer.de/teledoktor](http://www.barmer.de/teledoktor)

\* Calls from the German landline and mobile network are free of charge for you!



## Get up to €150 in the BARMER Bonus Program

Whether it's a fitness app, children's course, sports club, online relaxation course, vaccination or preventive check-up – in our Bonus Program, you can score points with any of these and enjoy cash rewards right away. It's this easy: Download the BARMER-App, take a photo of the supporting documents and have the bonus paid out directly as a cash reward.

[www.barmer.de/bonusprogramm](http://www.barmer.de/bonusprogramm)



## 100% of costs covered for travel vaccinations

When you travel to far-flung destinations, protection from illness is essential. We cover the complete cost of your travel vaccinations, saving you money for your holiday.



## Our money-back tariffs

Are you a BARMER member who mainly goes to the doctor for preventive check-ups and health screenings? Then with our S/M/L tariffs you will be reimbursed for part of your contributions: up to €750 in three years.



## Individual additional insurance policies

Partnering with HUK-COBURG-Krankenversicherung, we have developed additional insurance policies at exclusive conditions tailored just for you. Choose from a wide range of building blocks to design your health protection in a way that suits you – and any situation in life.



## Discover your personal advantages

Calculate your advantages now and enjoy the fantastic benefits right away.



For more information visit:

[www.barmer.de/vorteilsrechner](http://www.barmer.de/vorteilsrechner)



## Because you deserve the best medical care!

**Leading treatments from specialists and an excellent healthcare network for your well-being.**

There are moments in life when you need expert help. That's when you want top health professionals who can offer you the best possible care with leading expertise. BARMER has numerous contracts with experts and cutting-edge hospitals – our close partners across Germany.

## **BARMER members benefit from over 400 leading treatment contracts:**

- ✓ Therapy for migraines and chronic headaches at the Institute for Naturopathy and Traditional Chinese Medicine in Essen
- ✓ Space exploration for children in wheelchairs: Children's Hospital at the University Hospital Cologne and UniReha GmbH
- ✓ Particularly gentle Cyberknife radiosurgical therapy for benign or malignant tumours – in several German states
- ✓ Special, structured care for patients with rheumatological illnesses in many regions of Germany
- ✓ Special care and monitoring of patients with heart failure at the Telemedical Centre of Charité Berlin
- ✓ Modern heart diagnostics with cardio-MRI and cardio-CT, e.g. at Berlin Medical Diagnostics Centre
- ✓ Second opinion and treatment of knee and sports injuries, e.g. at the Orthopaedic Joint Surgery Centre go:h Hannover
- ✓ Contracts for physician networks, e.g. in Nuremberg – with additional services such as an extended Check-Up 35 and sports medical performance check



For more information visit:

[www.barmer.de/spitzenmedizin](http://www.barmer.de/spitzenmedizin)

# Digital services to make your everyday life easier

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## The BARMER-App: Take care of all the important things online

Use many services easily and conveniently – whenever and wherever you like. Submit applications, download certificates, receive new messages in your inbox, choose great rewards – the BARMER-App saves you time, money and nerves.



For more information visit:  
[www.barmer.de/barmer-app](http://www.barmer.de/barmer-app)



## A digital eye on your health

With our free health apps, you can do something for your health from the comfort of your home. BARMER eCare also lets you securely store your health information digitally and share it with doctor's surgeries. Whether it's a medication plan, doctor's letters, vaccination record or maternity card – many documents are now available digitally. So you can keep track of everything and always have what you need at hand.



## Health Manager

Quick, easy and clear – plan preventive check-ups and vaccinations for you and your family. With our Health Manager, you'll never miss a doctor's appointment again.



## Health courses

Being proactive in your health and effectively preventing illness is not always easy. That's why BARMER supports you with up to €200 each year.

# Thinking ahead means using new opportunities

Those who think ahead in healthcare also break new ground in service. We are here for you in every situation, via whichever channel you choose – in person, by phone or digitally.

## Contact us for useful and quick advice



### **BARMER English Service Hotline**

BARMER's telephone service offers you fast and professional advice on all questions concerning your insurance cover 24 hours a day, seven days a week. Even from abroad.

**0 800 333 0060\*** (from abroad: **+49 202 568 333 0060\*\***).



### **Medical advice via video consultation**

Have you or your child become acutely ill, or do you have a skin problem? Get professional treatment from a physician wherever you are via video consultation. Simply download the BARMER Teledoktor-App. For more information visit [www.barmer.de/videosprechstunde](http://www.barmer.de/videosprechstunde)



### **BARMER near you**

Our advisors take care of your health concerns and take time for you. You can find your nearest BARMER branch at [www.barmer.de/geschaeftsstellen](http://www.barmer.de/geschaeftsstellen).

\* Calls from the German landline and mobile network are free of charge for you!

\*\* Connection charges at your provider's rate.



## We're here for you!

### **BARMER telephone service**

Always available for insurance questions

0800 333 10 10\* (for service in German)

0800 333 00 60\* (English Service Hotline)

[service@barmer.de](mailto:service@barmer.de)

### **Meine BARMER**

Take care of important things

from home and on the go

[www.barmer.de/meine-barmer](http://www.barmer.de/meine-barmer)

### **BARMER near you**

Find your nearest branch on our website

[www.barmer.de/e020026](http://www.barmer.de/e020026)

### **BARMER Teledoktor\*\***

Medical advice via app – with video consultation,  
second opinions and digital skin check.

[www.barmer.de/teledoktor](http://www.barmer.de/teledoktor)

### **Social media**

[www.barmer.de/facebook](http://www.barmer.de/facebook)

[www.barmer.de/youtube](http://www.barmer.de/youtube)

[www.barmer.de/instagram](http://www.barmer.de/instagram)

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