



Genossenschaftliche Finanz Gruppe
Volksbanken Raiffeisenbanken



Herzlich. Echt. Verlässlich.

Our benefits and services

**Good reasons to switch
to R+V BKK**

Money back

Our bonus programme and the optional 'premium refund' tariff

The most precious thing in life is health. That's why we reward our policyholders with 10 EUR for everything they do in terms of fitness, relaxation or preventive care, as part of **Mein AktivBonus**. And for every new member we provide an additional one-off bonus of 30 EUR. Why not invest the money in an insurance policy that covers longterm care or additional health needs?

Or, if you're healthy, hardly ever go to the doctor except for the occasional check-up, and don't claim against your health insurance, choose our optional 'premium refund' tariff. You'll receive a refund of up to 300 EUR each year.

Service at your fingertips

Uncomplicated advice, easy to find.

Our online office

With our online office 'Meine R+V BKK' we make it easy. You'll receive any documents that we issue (membership certificates, for example) much more quickly and with no hold-ups in the mail.

You can also ask to be reminded about vaccination appointments or send documents to us. You can reach the office through our website and app.

At R+V BKK, you're dealing with well-trained professionals. Contact us on 0611 999 09-0. For general email enquiries, write to us at info@ruv-bkk.de

Focussing on families

For children and adults

Perhaps you're expecting a baby, or maybe your child is already a few months old. No matter what stage you are at, with the 'Kinderheldin' platform you have access to a free digital consultation with a midwife, to answer all your questions and help you feel supported.

Parents-to-be are not neglected. We offer various programmes that ensure your pregnancy is free of complications.

We know all about the necessary vaccinations. And we also subsidise post-natal exercise classes and know the best clinics to choose for mother-child and father-child health retreats. For children up to the age of 15, we offer a bonus programme for children, **Mein AktivBonus KIDS**, where we – or rather our blue hippo Bonolino – reward health-conscious behaviour.

Alternative medicine

Osteopathy, homoeopathy and anthroposophic medicine

Release blockages and mobilise your power of self-healing: we subsidise medically-prescribed osteopathy treatment by up to 120 EUR per calendar year. We fund a maximum of three sessions per year (with a ceiling of 40 EUR for each session). And what's more, these osteopathy benefits also apply to co-insured children.

R+V BKK is one of the statutory health insurers that also provide their policyholders with subsidies for anthroposophical and homoeopathic medical services, as part of our special care contracts. Ask us for more details.

24-hour medical telephone advice

Support from experts

Doctors and medical staff from over 23 specialist areas are available to answer your questions. Just call 0611 999 09-222. We can provide information about medical specialties from A to Z. Learn more about medical or surgical treatments and about medications and possible side effects. If you're looking for suitable specialists and hospitals near your home, our service can help. You can also discuss the need for any additional, self-funded medical services (IGeL) with an expert.

Learning good health

Promoting good health – courses, retreats and online provision

Would you enjoy yoga, getting some nutritional advice or taking up Nordic walking? If you regularly participate in these or similar, we will reimburse 80% of the costs, up to a maximum of 80 EUR.

Every year we provide a subsidy for two courses and health retreats, up to 160 EUR in total. Online health courses are extremely popular and at R+V BKK we are constantly expanding the range. Just visit our website and type 'Online-Kurse' into the search.

Or why not escape for a few days? R+V BKK health retreats are the best way to stay fit, reduce stress and recharge your batteries for everyday life. We have something to suit everyone and will be happy to advise you.



Become a member!

Say goodbye to paperwork. You can join R+V BKK online. The easiest way to find us:

<https://mitgliedschaft.ruv-bkk.de>

And if you'd like some help completing the application, we'll be happy to provide that.

Professional tooth cleaning

A little extra for your teeth

Once a year, our policyholders aged 18 and over can receive free treatment from an insurer-approved dentist who is a member of the DentNet network. There are over 1200 dental practices nationwide, and the number is growing.

You can find a list of participating dentists by postcode at www.dentnet.de. Once you've identified a dentist, then simply make an appointment with the dental hygienist (refer to DentNet for this). When at the practice, just show your health insurance card and sign the participation form.

Private supplements

Supplementary insurance provided by R+V Krankenversicherung AG

Whether its glasses or improved dental care through professional tooth cleaning, if you want to supplement your health protection individually, R+V is the right place for you. Essentially, supplementary tariffs cover benefits for hospital stays, glasses, dentures, preventive examinations and naturopathic treatment.

The benefit for you is that there is no need for you to send separate invoices to us, as well as to the provider of supplementary insurance at the same time. We'll take care of it and settle it between us. The only condition is that you agree to this and the additional insurance comes from R+V. We call this service our 'one-stop shop'. It saves you time and energy and the money reaches your account faster.

Sports medical examinations

For sports enthusiasts

If you are involved in competitive sports or sport for fun, or are planning to take part in a competition such as a marathon, a doctor can check your fitness for sport with a sports medical examination. We provide a subsidy for these examinations of up to 120 EUR, every two years.

Travel protection

Preventive travel vaccinations

If you're travelling to a country where the Permanent Vaccination Commission (STIKO) recommends a preventive travel vaccination, we will cover up to 180 EUR of the vaccine costs per Calendar year.

Our extras

Taking care of the details – it's what makes us stand out

Whether you need a specialist, a dentist or a hospital for outpatient treatment, our doctor appointment service will organise an appointment near you.

As well as this, we can also have your medical reports translated into understandable German for you. We cooperate with the 'Was hab' ich?' portal. You benefit from priority, fast processing of your documents. And if you have been affected by medical malpractice, we are on your side. As a health insurance company, we have detailed procedures for checking our own claims. This gives you the perfect template to provide evidence of any malpractice and make your own insurance claim.

Application Form

R+V Betriebskrankenkasse
65215 Wiesbaden
or fax: 0611 99909-77993

INTERNAL STATISTICAL DATA:

Agency no. (6 digits):

Additional staff:

Surname, first name: _____

Phone: _____

Signature _____

Personal Informations Mr Ms Other

Surname, first name: _____

Date of birth: _____

Street/no.: _____

Postcode/town or city: _____

I would like to become a member from (date): _____

Phone: _____

Email: _____

Nationality: _____

Order a social security card: Yes

Pension insurance scheme no.: _____

Surname at birth: _____

Place of birth: _____

Country of birth: _____

I am an employee I will be in education/training – doing FSJ/FÖJ voluntary work – doing Federal Volunteer Service

Employer/Education or training provider: _____

Address: _____

Commencement of employment: _____ My employer is related to me: Yes No

I have voluntary insurance as _____

I have drawn/applied for a pension from the statutory pension insurance scheme since/from: _____

I receive maintenance benefits (e.g. occupational pension, state pension, lump-sum benefit).

I have received benefits from the Employment Agency since: _____ ALG I Citizen's income

I am a university/college student since: _____ Name of the university/college: _____

(Please enclose written confirmation).

I am an artist/publicist _____ (Please attach notification from the Artists' Social Security Insurance Fund).

I am self-employed on the side.

In the last 12 months I have been insured without interruption with

Insurance company and location: _____ IK-Nr.: _____

(You can find the IK number (institution code) on the front of your health insurance card at the bottom left)

Start of insurance cover: _____ End of insurance cover: _____

compulsory insurance

voluntary insurance

family insurance

private insurance, as

civil servant: self-employed

self-employed (Please attach notice of commercial deregistration)

other: _____

Optional tariff with commitment period

I was insured abroad (Please enclose evidence of health insurance coverage).

I want my spouse and/or my children to be covered by family insurance with R+V BKK: Yes No

R+V BKK may, to the required extent, process the legally collected and stored health data relating to the insured person and use it for providing information and advice. My stored contact details may be used for these purposes.

Place/Date

Signature

I give my express agreement for R+V BKK to store my personal data and use this for the purposes of contacting me. The provision of data is voluntary. In accordance with Articles 15, 16, 17 and 18 of the GDPR, you may at any time ask R+V BKK for access to, rectification, erasure or restriction of individual personal data. You may also use your right of withdrawal at any time and without providing a reason to withdraw your declaration of consent with future effect. You can submit your withdrawal of consent to R+V BKK online, by post or by fax. Statutory long-term care insurance coverage also begins with membership of the BKK.



This form is also available online (in german language only).



Do you know our
online office?

– in german language only –

R+V Betriebskrankenkasse
65215 Wiesbaden

Service telephone number
0611 99909-0

www.ruv-bkk.de
info@ruv-bkk.de

Online membership

<https://mitgliedschaft.ruv-bkk.de>



| | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,4 Sehr Gut</p> | <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,4 Sehr Gut</p> | <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,5 Sehr Gut</p> | <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,4 Sehr Gut</p> | <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,4 Sehr Gut</p> |
| <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,7 Gut</p> | <p>www.krankenkasseninfo.de R+V Betriebskrankenkasse Stand 09/2022 im Test: 73 gesetzliche Krankenkassen Testnote: 1,7 Gut</p> | | | |
