

# BARMER

Benefits at a glance

For all those who  
want the best



# For us, health means thinking ahead

Today we are more self-determined, proactive and aware – also with regard to our health. This is why BARMER uses its experience to develop services that help you to stay healthy, such as the digital dental bonus booklet, which records your dental visits even without a stamp.

## We offer optimum services that fit in with your life



### Peace of mind for families

With the Family Plus Package, families receive a budget of 200 euros per pregnancy for any additional services they choose: for example, professional teeth cleaning or additional medication such as folic acid. We also support you with our children and youth programme, for example with additional health screenings.



### Second medical opinion

For certain illnesses and operations, we support you with a second opinion. The independent advice from the BARMER Teledoctor provides extra peace of mind – for example before an operation.



### The faster way to a specialist

With our Waiting Time Management service, we support you in arranging your doctors' appointments. If the waiting times for an appointment with a specialist are too long or if you need an appointment with a specialist urgently, you can take advantage of this service.



## **Bonus rewards for proactivity**

With the BARMER Bonus Program, you and your insured family members collect bonus points by taking health-conscious measures (e.g. taking part in an exercise class or joining a gym) – and we reward you for them. Exchange your bonus points for attractive rewards:

- Cash rewards up to 100 euros
- Allowance for a choice between osteopathic treatment, professional teeth cleaning, acupuncture, visual aids or private supplementary health insurance.



## **Vaccination protection when travelling abroad**

When you travel to far-flung destinations, protection from illness is essential. We cover 100 percent of your costs for travel vaccinations, saving you money for your holiday.



## **Optional tariffs with reimbursement**

Enjoy further financial advantages with our individual optional tariffs.



## **Individual additional insurance policies**

Our partner HUK-COBURG-Krankenversicherung offers you tailor-made additional dental insurance at exclusive conditions that allow you to reduce your deductibles.

**You decide what's**

**best for you**

Are you looking for the best specialists nationwide? Or a doctor near you who can help you quickly?

Every situation is different, and everyone has different requirements. This is why you can make use of our medical facilities throughout Germany. Because you deserve the best care.

- Therapy for migraines and chronic headaches at the Institute for Naturopathy and Traditional Chinese Medicine in Essen
- Cyberknife radiosurgical therapy for benign or malignant tumours, for example in Göppingen and Villingen-Schwenningen



- Structured and intensified partnership between GPs and rheumatologists in Mecklenburg-Western Pomerania

- Special care and monitoring of patients with heart failure at the the Centre for Cardiovascular Telemedicine of Charité Berlin

- Modern heart diagnostics with cardio-MRI and cardio-CT at Berlin Medical Diagnostics Centre

- Second opinion and treatment of knee and sports injuries at the Orthopaedic Joint Surgery Centre go:h Hanover

## We have the digital services to make your everyday life easier



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

Whether on your smartphone or your desktop in the Meine BARMER member area, many of our services are available digitally. For example, you can view the doctor and hospital services you have used or upload your certificate of incapacity to work.



### Apps and more

Reach the Teledoctor while you're out and about or receive a message motivating you to exercise: BARMER's apps are the perfect companions for today's digital life. Whether with a tablet or smartphone, our mobile services will help you to get or stay healthy.



### Health Manager

Let the BARMER Health Manager remind you of upcoming preventive check-ups so you don't miss any more appointments. The integrated vaccination planner also gives you an up-to-date overview of your vaccination status.



### Online courses

We want to make preventive healthcare as easy as possible for you. At [www.barmer.de/kursangebote](http://www.barmer.de/kursangebote) you will find online courses on various health topics. You can also use the online search feature to find events and certified health courses near you.

# Thinking ahead means the advantage of new opportunities

Those who think ahead in healthcare also break new ground in service. BARMER wants to make it as easy and convenient as possible for you to make contact and get advice – with lots of practical ideas and features. That means we are there for you in any situation, via the channel you want, for example via video chat or mobile advice.

## Contact us for useful and quick advice



### BARMER English Service Hotline

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

**0800 333 00 60\* (from abroad +49 202 568 333 00 60\*\*)**

or via email: [service@barmer.de](mailto:service@barmer.de)



### BARMER Teledoctor\*\*\*

Whether it's about your health, medication or therapies, ask the BARMER Teledoctor experts. They are happy to answer your questions around the clock on the phone or via the app.

**0800 333 35 00\* (from abroad +49 202 568 333 35 00\*\*)**



### BARMER near you

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

\* Calls from the German landline and mobile network are free of charge.

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

\*\*\* For more information about the Teledoctor, visit: [www.barmer.de/teledoktor](http://www.barmer.de/teledoktor)



## 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/geschaeftsstellen](http://www.barmer.de/geschaeftsstellen)

### **BARMER Teledoctor\*\***

Consultations around the clock

0800 333 35 00\*

[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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