



# Recognized therapeutic methods of complementary medicine and medical massages

The AXA supplementary outpatient insurance contributes to the costs of complementary therapies and medical massages. The method must be performed by a recognized specialist. Recognized specialists are naturopaths and therapists who are entered in the Empirical Medicine Register (EMR) or registered for the relevant method recognized by AXA with the Swiss Foundation for Complementary Medicine (ASCA). All specialists recognized by AXA can be found in the [Therapist search](#).

As of: 25.04.2024

Please note that this list does not signify definitive confirmation of coverage. Please contact us if you have any questions or if anything is unclear.

The following methods of complementary medicine are recognized by AXA:

## Benefits for complementary medicine therapies

EMR number	EMR method	ASCA number	ASCA method
6	APM therapy (formerly acupoint/acupuncture massage)	272	APM therapy (acupoint/acupuncture massage)
7	Alexander technique	188	Alexander technique
10	Anthroposophic medicine	249	Anthroposophic therapy
13	Respiratory therapy	173	Respiratory therapy
20	Autogenic training	253	Autogenic training
32	Movement therapy, integrative/clinical	550	Movement and bodywork therapy
38	Bioresonance therapy	269	Bioresonance
53	Craniosacral therapy	180	Craniosacral therapy
58	Drama therapy	563	Drama and speech therapy
59	Boeger therapy 6)		5)
73	Eutony (Gerda Alexander method)	186	Eutony (Gerda Alexander method)
76	Color therapy	275	Color therapy
78	Feldenkrais method	192	Feldenkrais therapy
88	Hatha yoga	258	Hatha yoga
89	Therapeutic eurythmy	187	Eurythmy therapy, anthroposophic
91	Classical homeopathy	197	Homeopathy
97	Intermedial art therapy	562	Intermedial art therapy
100	Kinesiology	199	Kinesiology
114	Painting therapy	204 561	Painting therapy Creative and painting therapy

## Recognized therapeutic methods of complementary medicine

EMR number	EMR method	ASCA number	ASCA method
115	Painting therapy, anthroposophic	251	Painting therapy, anthroposophic
127	Music therapy	548	Music therapy
128	Music therapy, anthroposophic	252	Music therapy, anthroposophic
141	Osteopathy/etiopathy	213	Osteopathy/etiopathy
148	Hands-on creative therapy, anthroposophic	255	Hands-on creative therapy, anthroposophic
149	Polarity	214	Polarity
152	Psychomotor therapy	826	Psychomotor therapy
158	Puppetry therapy	572	Puppetry therapy
161	Rebalancing	583	Rebalancing
166	Rolfing/structural integration	220	Rolfing/structural integration
172	Shiatsu massage	221	Shiatsu massage
177	Anthroposophic speech therapy	256	Anthroposophic speech therapy
183	Dance therapy	542	Movement and dance therapy
184	Movement and dance therapy (Hauschild-Sutter method)		5)
213	Rhythmic massage, anthroposophic	250	Rhythmic massage, anthroposophic
163	Reflexology massage	664	Reflexology (general)
240	Reflexology therapy		
500	Spiral Dynamics Diploma Level Intermediate MED		5)
501	Spiral Dynamics Diploma Level Advanced MED-Q	263	Spiral dynamics
<b>131</b>	<b>NHP therapies (naturopaths)</b> 145 Western phytotherapy 218 Dietetics (NHP) 219 Purging procedures (NHP) 220 Hydrotherapy (NHP) 220 NHP massage (naturopaths)	<b>211</b>	<b>Naturopathy (WAM)</b> 211 + 415 Phytotherapy (WAM) 1) 211 + 229 corresponds to nutritional counseling (WAM) 1) 211 + 665 Purging procedures 1) 211 + 807 Hydrotherapy 1) 211 + 205 Classical massage 1)
<b>185</b>	<b>Traditional Chinese Medicine TCM</b> 3 Acupressure 5 Acupuncture (TCM) 9 An-Mo/Tui-Na (TCM) 64 Electroacupuncture (TCM) 69 Chinese nutrition therapy (TCM) 108 Laser acupuncture (TCM) 124 Moxa/moxibustion (TCM) 136 Auricular acupuncture (TCM) 146 Traditional Chinese medicine (TCHM) previously phytotherapy (TCM) 160 Qi-gong (TCM) 170 Cupping therapy (TCM) 182 Tai-chi (TCM)	<b>231</b>	<b>Naturopathy (TCM)</b> 171 Acupressure 231 + 172 Acupuncture 2) 231 + 416 Tuina/an-mo massage 2) 231 + 182 Electroacupuncture 2) 231 + 233 Nutritional counseling (TCM) 2) 231 + 260 Laser acupuncture 2) 231 + 322 Moxa/moxibustion 2) 231 + 458 Auriculotherapy (TCM) 2) 231 + 235 Phytotherapy (TCM) 2) 231 + 412 Qi-gong (TCM) 2) 231 + 282 Cupping therapy (TCM) 2) 231 + 436 Tai-chi (TCM) 2)
<b>22</b>	<b>Ayurveda (Ayur.)</b> 24 Ayurvedic nutritional counseling (Ayur.) 57 Ayurveda nutrition 26 Ayurvedic medicine (Ayur.) 28 / 57 Ayurvedic massage (Ayur.)	<b>545</b>	<b>Naturopathy (AVM)</b> 545 + 541 Nutritional counseling (AVM) 3) 545 + 414 Phytotherapy (AVM) 3) 546 Ayurvedic massage

- 1) Only when also simultaneously registered for 211, naturopathy (WAM)  
2) Only when also simultaneously registered for 231, naturopathy (TCM)  
3) Only when also simultaneously registered for 545, naturopathy (AVM)  
4) Not an ASCA method  
5) Not an ASCA method  
6) Additional qualification for qualified naturopaths (NHP) or osteopaths

The following medical massages are recognized by AXA:

## Benefits for medical massages

EMR number	EMR method	ASCA number	ASCA method
33	Therapeutic massages	133	Massage techniques
35	Connective tissue massage (med. massage)	232 + 206 234 + 206	Connective tissue massage 4)
43	Dorn therapy 7)	268	Dorn/Breuss therapy
59	Boeger therapy 7)		5)
67	Electrotherapy (medical masseur)	232 + 404 234 + 404	Electrotherapy 4)
95	Hydrotherapy (medical masseur)	232 + 807 234 + 807	Hydrotherapy 4)
82	Foot reflexology massage (medical masseur)	232 + 218 234 + 218	Foot reflexology massage therapy 4)
103	Medical massage (medical masseur)	232 + 205 234 + 205	Classic massage 4)
112	Lymphatic drainage, manual (med. massage)	232 + 202 234 + 202	Manual lymphatic drainage massage 4)
205	Wraps/compresses (med. mass.)	232 + 669 234 + 669	Wraps/compresses/fango 4)

4) Only when also simultaneously registered for 232 medical massage SRC certificate of competence ("FA") or 234. medical massage federal certificate of competence

5) Not an ASCA method

7) Additional qualification for qualified medical masseurs

### Nutritional counseling

AXA covers a portion of the costs of nutritional counseling from the benefit budget for prevention.

The benefit for nutritional counseling in detail:

- **EMR number:** 68
- **ASCA number:** 229