

List of prevention measures covered by Premium insurance

Fitness

Groupe Mutuel recognises the fitness centres, health-promoting courses (similar to those that may be included in a fitness membership) and back exercise school run by :

- a healthcare provider recognised by the compulsory health insurance
- a fitness centre
- a sports instructor

Groupe Mutuel has the right to modify at any time the approval criteria for fitness centres and back exercise schools, as well as for the accreditation of course trainers.

We recommend that you choose fitness centres with a quality label or certified instructors.

Detoxification

A course of detoxification from tobacco or alcohol provided by a service provider recognised by the National Addiction Coordination Centre (www.infodrog.ch).

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