

# **BARMER**

**The very best services  
for your health**



# For us, health means thinking ahead

Today we are more self-determined, proactive and aware than ever – particularly with regard to our health. That's why we 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



### **Expectant parents benefit from 200 euro of extra budget with the Family Plus Package**

Make personal choices about additional services such as tests for fifth disease and chickenpox, antenatal classes for partners or professional tooth cleaning for pregnant women. More information can be found at: [www.barmer.de/familienplus](http://www.barmer.de/familienplus)



### **Use the Teledoktor-App to video call a doctor**

Receive a sick note or an electronic prescription in a matter of minutes with video appointments. You can also get skin symptoms checked, obtain a second opinion before a major operation or we can help you to make appointments with specialist practices. More information can be found at: [www.barmer.de/teledoktor](http://www.barmer.de/teledoktor)



### **Earn up to 150 euro through the BARMER Bonus Program**

Whether it's gym membership, a children's course, a digital health workshop or a health check-up – all of these can earn points in our Bonus Program and be directly rewarded with cash. It couldn't be easier! Simply download the BARMER-App, enter the activity and get the cash bonus paid immediately. More information can be found at: [www.barmer.de/bonusprogramm](http://www.barmer.de/bonusprogramm)



## **100% of the costs for travel vaccinations covered**

Protect yourself before your next trip to the tropics with vaccinations against typhoid and Japanese encephalitis virus, for example. More information can be found at: [www.barmer.de/reiseschutz](http://www.barmer.de/reiseschutz)



## **Save with our cashback tariffs**

Do you generally only visit the doctor for check-ups and screenings? Then you can get up to 1,350 euro back over three years with our S/M/L tariffs. More information can be found at: [www.barmer.de/geld-zurueck-tarife](http://www.barmer.de/geld-zurueck-tarife)



## **Individual supplementary health insurance policies**

Want extra protection in addition to your statutory health insurance? Whether at the dentist, at a naturopathy practice or on trips abroad – get access to services that aren't covered by BARMER with supplementary insurance policies with attractive terms from our partner, HUK-COBURG.

More information can be found at:

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



## **Discover personal benefits**

With a BARMER membership, you enjoy much more than just outstanding customer service and great healthcare services. Calculate your benefits now and discover individual annual benefits in just a few clicks.



More information can be found at:

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



## Because you deserve the best medical care

**Leading treatments from specialists and an excellent health-care 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 a wide range of experts and state-of-the-art medical clinics throughout Germany.

## Here are a few examples from among more than 400 leading treatment contracts:

- ✓ Therapy for migraines and chronic headaches at the Institute for Naturopathy and Traditional Chinese Medicine in Essen
- ✓ Space research for children in wheelchairs: children's hospital at Cologne University Hospital and UniReha GmbH
- ✓ Comprehensive advice and support for hereditary pre-disposition to breast and/or ovarian cancer at 20 centres across Germany
- ✓ Special, structured care for patients with rheumatological disorders in many regions throughout Germany
- ✓ Special care and monitoring of patients with heart failure at the Charité Centre for Cardiovascular Telemedicine
- ✓ Digital colorectal cancer screening: order a free test online, take samples at home, send the test to the laboratory by post and receive the results at home
- ✓ Skin check to detect skin cancer at an early stage: BARMER members under the age of 35 can take advantage of the skin cancer screening offer every two years



More information can be found at:  
[www.barmer.de/spitzenmedizin](https://www.barmer.de/spitzenmedizin)

# Digital services to make your everyday life easier



## Health insurance made easy – with Meine BARMER

Communicate with BARMER quickly and securely, and receive correspondence in your digital inbox in the Meine BARMER member area. Apply for reimbursement online and submit missing documents in just a few clicks. Collect bonus points for health activities and secure a maximum cash bonus of up to 150 euro each year – all on the app or online.



More information can be found at:  
[www.barmer.de/meine-barmer](https://www.barmer.de/meine-barmer)



## Constant access to your health data with BARMER eCare

Store important documents such as doctor's letters, laboratory results or surgery reports securely in your electronic patient record and share them with your doctors' practices. Document your vaccinations and receive reminders about any necessary booster doses.



More information can be found at:  
[www.barmer.de/ecare](https://www.barmer.de/ecare)



## Receive up to 200 euro a year for certified health courses

Whether for movement, healthy eating or stress management, find the right certified health course for you – online or in person. More information can be found at:  
[www.barmer.de/gesundheitskurssuche](https://www.barmer.de/gesundheitskurssuche)

# Thinking ahead means using new opportunities

Those who think ahead in healthcare also break new ground when it comes to customer service. We are there for you in every situation, however you prefer – in person, over the 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 about your insurance cover. Including from abroad. **0800 333 0060\* (+49 202 568 333 0060\*\*)**



### **Medical advice**

The team of medical experts at BARMER Teledoktor are available daily to advise you on all health topics from asthma to tooth pain. Call the Teledoktor on 0800 3333 560\* (+49 202 568 3333 560\*\*). More information can be found at: [www.barmer.de/teledoktor](http://www.barmer.de/teledoktor)



### **BARMER near you**

Our advisors take care of your health matters 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**

If you have questions about insurance,  
you can reach us via:

0800 333 1010\* (for service in German)

0800 333 0060\* (English Service Hotline)

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

### **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 in person**

Find your nearest branch on our website

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

### **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)

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

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