Advantages at a glance
For everyone who wants the best
For us, health means thinking ahead

Today, we are more self-determined, proactive and aware – and that also goes for 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 for their choice of additional service: for example, 4D ultrasounds 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 gives you extra peace of mind – for instance before an operation.

The faster way to a specialist

With our waiting time management tool, we support you in arranging your doctor’s 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 app, you collect bonus points when you are proactive towards your health – for instance as a member of a sports club or a gym. You can exchange your bonus points directly for attractive rewards:

- Cash bonus of up to 100 euros
- Allowance for optional osteopathic treatment (by approved service providers), professional dental cleaning, acupuncture, visual aids or for 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 plans with reimbursement**

Enjoy further financial advantages with our individual optional plans.

**Individual supplementary insurance policies**

Our insurance partner HUK-COBURG offers tailor-made supplementary dental insurance at exclusive terms, so you can reduce your co-payments.
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 needs. This is why you can make use of our medical facilities throughout Germany. Because you deserve the best care.

- Highly qualified care for eye operations at St. Franziskus-Hospital in Münster

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

- Special care and monitoring of patients with heart failure at the Charité Berlin Telemedical Centre

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

- Second opinion and treatment of knee and sports injuries at the Orthopaedic Joint Surgery Centre go:h Hanover
We’ve got the digital services to make your everyday life easier

My BARMER

With My BARMER, you can conveniently take care of all your important tasks online, such as submitting applications or uploading your sick note. With your BARMER account, you can also use the BARMER app – so you can access our services from anywhere.

Apps and more

Reach the Teledoctor while you’re out and about or get a message motivating you to exercise. The BARMER apps are the perfect companion for today’s digital life. Whether on 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 you will find online courses on a variety of health topics. With the online search feature, you can also find events and certified health courses near you.
Thinking ahead means using new opportunities

Those who think ahead in healthcare also break new ground when it comes to 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 the right advice and fast assistance

BARMER telephone service

BARMER’s telephone service 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 10 10* (from abroad +49 202 568 333 10 10**)

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 on site

Our advisors take care of your health concerns and take time for you.
Monday to Thursday from 9:00 am to 6:30 pm
Friday from 9:00 am to 4:00 pm
You can find your nearest BARMER branch at www.barmer.de/geschaeftsstellen.

* Calls from German landlines and mobile phones are free of charge for you!
** Connection charges at your provider’s rate
*** More information about the Teledoctor can be found at: www.barmer.de/teledoktor
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