

My choice.

Simply.
More. You.

We simply give you more.

mhplus
Krankenkasse.



Simply. **More. You.**

Turbulent, adventurous, wonderful – life can be so many things. Sometimes all at once. To help you with the hustle and bustle of everyday life, we want to make things as easy as possible for you. With services that are straightforward, flexible and tailored to you. We are how a health insurance provider ought to be. Simply more than you expect.



Three great reasons to join mhplus.

Simple: We make it easier for you in every way. By explaining things clearly and taking as much off your hands as we can.

Human: Every single person is different. Your needs matter. We are interested in you and your life.

Reliable: You are in good hands, because we are proactive and conscientious in all that we do.



Simply good for *you*.

Whatever you need, mhplus services and benefits are virtually tailor-made for you. They are designed to suit your lifestyle. Here are a few highlights:

**Specialist search. Health hotline.
Acupuncture. Zweitmeinung Plus.
Professional teeth cleaning. Fit
mhplus move. mhplus mind. Free
Pregnancy budget. Hallo Baby. S
Service app. Outpatient surgery.
Sports medical examination. De
TeleClinic. Homeopathy. Cyberkr**



e. **Skin cancer screening.**

s. **Health trips.**

cash health bonus.

e choice of hospital. **Osteopathy.**

Supplementary insurance services.

Kinderheldin Sorglos.

ntures. **Back health programme.**

nife.



Better for you when you need us:

Cyberknife technology, for instance, is robotic, high-precision radiation that can be used to treat certain tumours in a gentle, effective and pain-free way.

Further information on benefits in the event of an illness on pages 12–15.

Simple and designed with care.

Whatever situation you are in, whatever you need: Our services and benefits available in the event of an illness and for health-conscious individuals are often not only innovative but also guaranteed to help.

Prevention is better than cure:

Because that is what keeps you healthy. With smooth surface sealants for your teeth, for example, you can improve your dental health. And with state-of-the-art screening methods, the pregnancy budget will help you to support the health of your unborn child.

Many other benefits for health-conscious individuals on pages 18–21.





mhplus move:

Just one of many sensible services available to you. Do you enjoy running and are you always on the move? We reward that. With mhplus move, you receive cash for your steps.

Further information on our services on pages 8–11.



**mhplus Service app / mhplus Bonus app / mhplus mind /
mhplus move / chat support / mhplus health academy /
Kinderheldin Sorglos / specialist search / health hotline /
medicine helpline / supplementary insurance services /
callback service / midwives on call**

close


Your services

Why do mhplus services fit in so well with you and your lifestyle? Because they support you, make you more independent and help you move forward, whatever the situation! Whatever you value most. Wherever you are. Whether online or in person.




online


mhplus Service app

Want to submit documents such as invoices or enrolment certificates online? No problem! The app also includes a practical search function to help you find a doctor, and provides access to our newsletter and magazine:
www.mhplus.de/mhplus-app 


mhplus Bonus app

With this app, you always have your mhplus bonus programme to hand. You can keep track of the documents you have submitted and submit any that are still outstanding – whether it's for the Fitcash health bonus, the baby bonus or the Potzblitz bonus programme for children: www.mhplus.de/bonus-app 


mhplus mind

Mindfulness means living in the present moment. The mhplus mind app helps you to do just this. Completing the exercises in the app helps you to focus on your thoughts and the here and now. Relax:
www.mhplus.de/mind 


mhplus move

With mhplus move, you always have your free personal trainer with you. By counting your steps daily, you can improve your health and even get your hands on a bonus:
www.mhplus.de/move 


mhplus health academy

Attend our online talks on a range of health topics from the comfort of your own home. Or use our information portal to learn more about electronic patient records and other topics from the digital world of health. The answers are all here:
www.mhplus.de/gesundheitsakademie 


Digital media advice for parents

Our video portal provides useful tips on how your child can use digital media in a healthy way. Learn how to introduce your child to the digital world while protecting them from the dangers of social media.
www.mhplus.de/elternratgeber 

Kinderheldin Sorglos

Kinderheldin Sorglos is an exclusive, comprehensive, worry-free package that brings midwives to your home – it's online and convenient. The package includes live and video courses on pregnancy, birth and the days following delivery, perfectly tailored to your individual needs. Two months free. Further information at:
www.mhplus.de/kinderheldin 


mhplus online store

Submit your membership application, obtain certificates and more. The online store is always open.
www.mhplus.de/online-filiale 

Chat support

Use the chat feature to discuss your concerns with our customer advisers via your smartphone, tablet or PC. You can contact our team from 8am to 5pm, Monday to Friday.

mhplus ePA app

Keep track of your health with electronic patient records (ePA). You can save your test results, dentistry bonus book, maternity and vaccination records and much more in one secure location. Electronic patient records allow your doctors to quickly obtain an overview of your health. Avoid duplicate examinations and speed up your treatment:
www.mhplus.de/epa 

**Have questions?
We're happy
to answer them
+49 (0)7141 9790-1000**



All the info you need

extra

Specialist search

You are not on your own when searching for a doctor: mhplus provides useful tips to help you find the right doctor:

www.mhplus.de/arztuche 

Health hotline


Physicians, doctors and specialists are at the end of the phone 24 hours a day to help you with your health-related questions: +49 (0)7141 9790-9515

Medicine helpline

Need advice about medicine? The specialists at 4sigma GmbH are on hand to give you free, expert advice over the phone at +49 (0)7141 9790-9515 or via email at mhplus-Gesundheitshotline@4sigma.de


Supplementary insurance services

Want more protection? We offer a wide range of supplementary insurance packages via Süddeutsche Krankenversicherung:

www.mhplus.de/zusatzversicherung 

Callback service

Have questions but short on time? Let us call you. Simply arrange a suitable time online:

www.mhplus.de/rueckruf-service 

Midwives on call

For mothers-to-be, midwives are available 24 hours per day and are ready to support you when it is time for your child to be born. We pay up to 250.00 euro per pregnancy for this service.

www.mhplus.de/hebammenrufbereitschaft



Strong

Benefits in the event of an illness

Because it helps: Here for you in the event of illness.

You discover just how good a health insurance provider really is when it matters most. Whatever you have and whatever your worries are. With a variety of services from alternative medicine to innovative treatments, we make sure you get the best possible care.



Acupuncture / alternative medicines / outpatient surgery / osteopathy / dentures / disease management programmes / additional offers for dental treatment / ZweitmeinungPlus / free choice of hospital and clinic search / homeopathy / Kassel Stuttering Therapy / light therapy / Cyberknife – robotic, high-precision radiation / “AchtungRücken!” back health programme / Caterna – vision therapy for children / speech therapy app for children / TeleClinic – digital consulting hours



plus

ZweitmeinungPlus (Second Opinion Plus)

Whether you need an opinion on a back, shoulder or knee operation or are seeking advice on hip surgery, let us cover the costs of an expert opinion. We will also help you to seek out a second opinion in the event of a cancer diagnosis:

www.mhplus.de/zweitmeinung 

Free choice of hospital and clinic search

You can choose the best panel clinic or hospital for you and your treatment. For further information on your hospital stay and support with choosing the right option:

www.mhplus.de/klinik-suche 

alternative

Acupuncture

mhplus covers the costs for acupuncture treatments with a minimum duration of 20 minutes. The treatment is billed by simply presenting your health insurance card:

www.mhplus.de/akupunktur 

Alternative medicines

You will receive up to 30.00 euro per calendar year for non-prescription homeopathic pharmaceuticals, phytotherapy and anthroposophy:

www.mhplus.de/alternative-arzneimittel 

Homeopathy

mhplus supports alternative methods of treatment from selected panel doctors.

From the first anamnesis session to analysis and personalised advice:

www.mhplus.de/homoeopathie 

Osteopathy

We reimburse up to 80 percent of the costs for a total of two osteopathic treatments per calendar year – with a contribution of up to 60.00 euro per session. Prerequisites for covering the costs of treatment:

www.mhplus.de/osteopathie 



All the info you need

innovative

Outpatient surgery

Many surgeries can be carried out as outpatient procedures while maintaining the same level of quality. That is why we work with a network of orthopaedists, surgeons, gynaecologists, urologists and ear, nose and throat doctors. www.mhplus.de/ambulante-operationen

Cyberknife – Robotic, high-precision radiation

Cyberknife technology can be used to treat certain brain tumours, head and neck cancers and spinal cancers and also to alleviate certain forms of facial pain gently, effectively and with minimised side effects. There are Cyberknife centres in seven cities across Germany. www.mhplus.de/cyberknife

Disease management programmes (DMP)

These programmes provide structured, interdisciplinary treatment for chronic diseases with intensive support from mhplus and the treating doctor. Tailored precisely to your needs (for diabetes mellitus type I and II, asthma, COPD, breast cancer or coronary heart disease). www.mhplus.de/dmp

Kassel Stuttering Therapy

The aim of Kassel Stuttering Therapy is to learn and retain a new, smooth speech pattern. With therapeutic instructions, patients learn and practise a new, smooth speech pattern using the software: www.mhplus.de/stottertherapie

Light therapy

Seasonal affective disorder, also known by the acronym SAD, can be successfully treated using light therapy according to scientific research and recommendations from the clinical practice guidelines: www.mhplus.de/lichttherapie

Back health programme – AchtungRücken!

Our back health portal contains a wealth of information and advice about back pain. Improve your back health with our online courses: www.mhplus.de/achtung-ruecken

neolexon – Therapy for children with speech disorders

The app uses games to help children with speech disorders. It is suitable for use as an adjunctive treatment strategy for children aged 3 to 7 in addition to speech therapy: www.mhplus.de/neolexon

Caterna – Vision therapy for children

The web-based vision therapy is an innovative concept for children with functional visual loss (Amblyopia). It is used in conjunction with the tried-and-tested method of covering the non-amblyopic eye with an eye patch and is supervised by an ophthalmologist. www.mhplus.de/caterna-sehschule

TeleClinic – Digital consulting hours

With the TeleClinic platform, you have access to a highly qualified network of doctors all over Germany, 24 hours a day, 365 days a year. The TeleClinic doctors can treat almost anything that a traditional GP can: www.mhplus.de/teleclinic

Simply. More. You.

**Always here for you,
even when there are
more important things
going on.**

Life is full of surprises. That's why it is especially important to feel that you are in good hands. Particularly when it comes to your health.





Fitcash health bonus / baby bonus / Potzblitz – the bonus programme for children / smooth surface sealant application / skin cancer screening / vaccinations / professional teeth cleaning / sports medical examination / online courses / fissure sealants / “Sturmfrei” holiday programme for children / pregnancy budget / Hallo Baby / orthodontic treatment budget / health courses / health trips

Good

Your *benefits* for health-conscious individuals

No matter what phase of life you are in, you will get precisely what you need to support your health. There are a wide range of preventive and health preservation benefits, for instance, as well as rewards for you and your family with our super bonus programmes.



bonus


Fitcash health bonus

Our bonus programme rewards you with up to 280.00 euro: Up to 180.00 euro with the Fitcash health bonus. Up to 50.00 euro with mhplus move. And up to 50.00 euro with mind. With the mhplus Bonus app, you always have your bonus programme ready to hand: www.mhplus.de/fitcash 

Baby bonus

The bonus programme for pregnant policy holders and babies. Do something good for you and your baby and reward yourself: New parents can pocket a bonus of up to 160.00 euro. And with the mhplus Bonus app, you always have your bonus programme ready to hand: www.mhplus.de/babybonus 

Potzblitz – The bonus programme for children


The Potzblitz bonus programme for children rewards your little ones for attending medical check-ups and completing other activities. With up to 150.00 euro. Potzblitz is for children aged up to one day before their 15th birthday. It is easy to manage with the mhplus Bonus app: www.mhplus.de/potzblitz 

Further information about the baby bonus



prevention

Health trips

Take a multi-day health trip with prevention courses on a variety of topics: Movement (e.g. Nordic walking, exercises to prevent back pain and injury), nutrition (e.g. how to avoid malnutrition), relaxation (e.g. autogenic training, yoga, tai chi) www.mhplus.de/gesundheitsreisen 




Health courses

mhplus pays 80 percent of the costs for your health course twice per year – up to a value of 100.00 euro per course. You can find courses near you in our course database: www.mhplus.de/kursdatenbank



Skin cancer screening

From the age of 15, you can be examined for skin cancer every two years free of charge. The comprehensive examination includes anamnesis and visual examination of the entire body, including extensive documentation and advice: www.mhplus.de/hautsache 

Vaccination

We cover all of the vaccinations recommended by the German Standing Committee on Vaccination (STIKO). We also cover certain private travel vaccinations, such as hepatitis A and B, as well as the flu vaccination at any age and the HPV vaccination for 18 to 26-year-olds. www.mhplus.de/schutzimpfungen

Further information about health trips/courses

outstanding



family

Professional teeth cleaning

Each calendar year, you receive a grant of up to 40.00 euro to use at a dentist of your choice with statutory health insurance accreditation (“Kassenzulassung”). This is available for both children and adults.

www.mhplus.de/zahnreinigung 

Sports medical examination

When you do sports, there is a risk of straining or injuring yourself. To avoid health risks, it is advisable to arrange a sports medical examination with a qualified sports medicine specialist before you start training. We cover up to 60.00 euro once per calendar year.

www.mhplus.de/sportmedizinische-untersuchung 

Online courses

Take your health and fitness to the next level with selected online courses. mhplus covers 100 percent of the course fees, subject to full attendance. All courses are available at:

www.mhplus.de/online-kurse 

Fissure sealants

mhplus subsidises fissure sealants on the premolars (premolars 4 and 5) up to a value of 60.00 euro per calendar year.

www.mhplus.de/fissurenversiegelung

U0 medical check-ups

You can get the answers to any questions you may have about your child’s health before they are even born with the “BKK STARKE KIDS” health programme.

www.mhplus.de/starkekids 

“Sturmfrei” holiday programme for children

Your children will have the best time on this five-day holiday programme full of play, fun and movement. We cover 100 percent of the costs, subject to full attendance. You can find more information at:

www.mhplus.de/sturmfrei 

Pregnancy budget

You decide which additional benefits and examinations you want during your pregnancy, with a wide range of options including the toxoplasmosis test:

www.mhplus.de/schwangerschaftsbudget



Hallo Baby

Reduce the risk of premature birth: This special screening programme includes free advice and the performance of the toxoplasmosis test, the group B streptococcus test and an infection screening.

www.mhplus.de/hallo-baby 

Smooth surface sealant application

We contribute up to 60.00 euro per calendar year for smooth surface sealants for fixed braces.

www.mhplus.de/glattflaechenversiegelung 

Orthodontic treatment budget

We support you and your child with orthodontic measures, whether it’s high-quality brackets and arch wires or a fixed lower retainer. We reimburse up to 150.00 euro per child and treatment for orthodontic treatment.

www.mhplus.de/kfo-budget 



Further information on the pregnancy budget











Here for you.

Becoming an mhplus
member is simple.



Just complete the
online application:

Become a member.

- 1. Fill in the membership application. We take care of the switch. There are three options: Complete the online application  or fill in the enclosed forms  and post  them to us or upload  photos of the forms  via the app www.mhplus.de/mhplus-app.**
- 2. For the mhplus health card  simply upload a digital photo  free of charge at www.mhplus.de/foto-hochladen. You can also use our mhplus app to do this. We will create your electronic health card as quickly as possible. **

♥ **Always here for you** 📞 **+49 (0)7141 9790-0, Mon. – Fri.
7am–8pm / Sat. 10am–1pm** ✉ **info@mhplus.de**
f **facebook.com/mhplus** 📷 **instagram.com/deine_mhplus**
📱 **) mhplus Service app** 📍 **Offices: Franckstraße 8, 71636
Ludwigsburg** or 🔍 **www.mhplus.de**