

My choice.

*Simply.*  
**More. You.**

We simply give you more.

**mhplus**  
Krankenkasse.



# *Simply.* **More. You.**

Eventful, adventurous, beautiful – life can be so many things. And sometimes all at once. In order to help you cope with the hustle and bustle of day-to-day life, we want to make things as easy as possible for you – with services that are straightforward, flexible and easy to access. We are the health insurer provider that moves with the times. Simply more than you expect.

## **Three good reasons to join mhplus.**

**Simple:** We make everything easier for you – we explain the facts in a way that is easy to understand and take a load off your mind.

**Human:** No two people are the same. Your needs count. We cater for you and your life.

**Reliable:** You are in good hands with us because we are proactive and diligent in every aspect.





## **Pretty good – for *you*.**

Whatever your needs are, mhplus services and benefits are made for you. After all, they fit right in with your life. Here are a few highlights:

**Specialist finder. Health hotline. Skin cancer screening. Acupuncture. ZweitmeinungPlus. Health-related travel. Professional teeth cleaning. Fitcash health bonus. mhplus move. mhplus mind-App. Free choice of hospital. Osteopathy. Pregnancy budget. Hallo Baby. Online coaches. Additional insurances. Service-App. Outpatient operations. Kinderheldin sorglos. Physical examination for sports. Dentures. Back care programmes. TeleClinic. Homeopathy. CyberKnife.**





**When it really matters, it's better for you:**  
For example, the CyberKnife technique delivers robot-guided high-precision irradiation for certain tumours, which makes it possible to operate gently, painlessly and effectively.

**Find out more about the services we offer in case of illness on pages 12 – 15.**

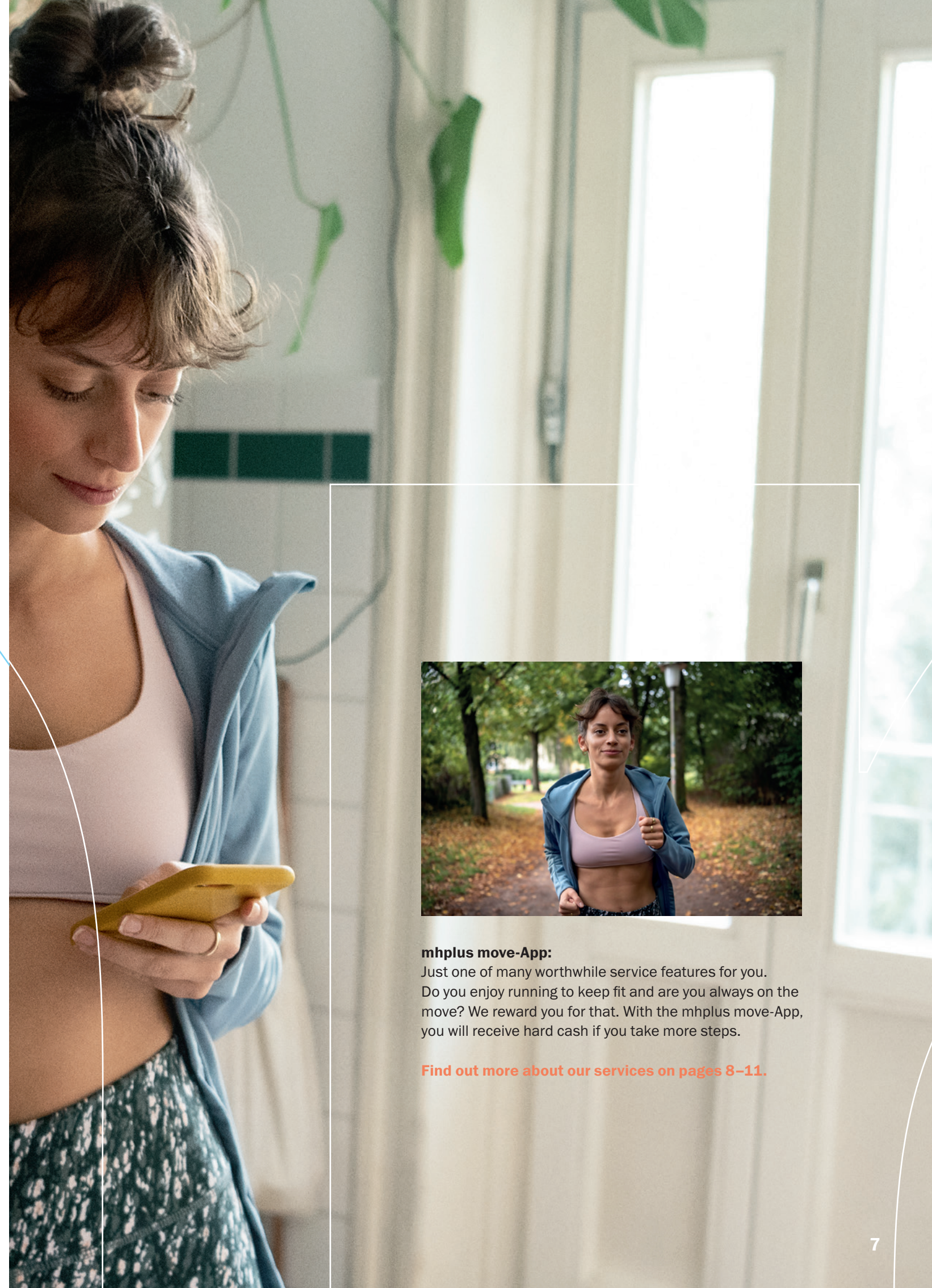
## Made *simple*, and well thought out.

Whatever situation you find yourself in and whatever you need, our services and benefits in case of illness and for health-conscious members are often not just innovative – they are also sure to help you.

### **Prevention is better than cure:**

This is what keeps us healthy. For example, by sealing the smooth surfaces of your teeth, you can improve your dental health. And with the pregnancy budget, you can promote the health of your unborn child to a high degree thanks to advanced examination methods.

**Find many more benefits for health-conscious individuals on pages 18–21.**



### **mhplus move-App:**

Just one of many worthwhile service features for you. Do you enjoy running to keep fit and are you always on the move? We reward you for that. With the mhplus move-App, you will receive hard cash if you take more steps.

**Find out more about our services on pages 8–11.**





**mhplus Service-App / mhplus Bonus-App / Chat service /  
mhplus mind-App / mhplus move-App / FamiliePlus newsletter /  
mhplus-Gesundheitsakademie / Online coaches / Kinderheldin  
sorglos / Specialist finder / Health hotline / Medicines  
hotline / Additional insurances / Call-back service / On-call  
midwife service**

# close

*Your service features*

Why do the services from  
mhplus suit you and your life  
so well? Because they enhance  
it in every situation, make you  
more independent and bring  
you further! Whatever you value.  
Wherever you are. Online or  
in person.



## online

### mhplus Service-App

Do you want to submit documents online (e. g. invoices, certificates of enrolment)? Not a problem! What's more, this app will help you find doctors and access the digital versions of our newsletter and magazine as well as much more:

[www.mhplus.de/mhplus-app](http://www.mhplus.de/mhplus-app) 

### mhplus Bonus-App

With this app, you always have your mhplus bonus programme with you, you have an overview of evidence you have submitted or still need to provide and can submit this easily – whether it is for the Fitcash health bonus, Baby Bonus or Potzblitz bonus scheme for children:

[www.mhplus.de/bonus-app](http://www.mhplus.de/bonus-app) 

### mhplus mind-App

Would you like to train your mindfulness? The mhplus mind-App is here to help. Focus on the exercises, your thoughts and the moment:

[www.mhplus.de/mind-app](http://www.mhplus.de/mind-app) 


### mhplus move-App

This app is your free personal trainer. It counts your steps and promotes your health: mhplus move powered by YAS.life rewards you for every step with hard cash:

[www.mhplus.de/mhplus-move](http://www.mhplus.de/mhplus-move) 

### FamiliePlus newsletter

Do you want to make family life healthier? The FamiliePlus newsletter offers regular tips and reminds you about important check-ups. Simply subscribe:

[www.mhplus.de/familieplus](http://www.mhplus.de/familieplus) 

### mhplus Gesundheitsakademie

Take part in our online health talks from the comfort of your own home or find out about the electronic health record and other topics from the digital world of health on our information portal. Find the answers here:

[www.mhplus.de/gesundheitsakademie](http://www.mhplus.de/gesundheitsakademie) 

### Online coaches

Get free guidance and support for different everyday topics here. You can find your personal coach at:

[www.mhplus.de/online-coaches](http://www.mhplus.de/online-coaches) 

### Kinderheldin sorglos

The exclusive all-inclusive Kinderheldin package brings midwives directly to your home – online and at your convenience, via live and prerecorded video courses about pregnancy, birth and the postpartum period, perfectly adapted to your individual needs. Free for two months. You can find all information at:

[www.mhplus.de/kinderheldin](http://www.mhplus.de/kinderheldin) 

### mhplus Online-Filiale

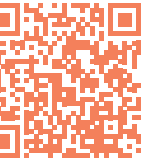
Submit your membership application or get certificates issued. The online branch is always open.

[www.mhplus.de/online-filiale](http://www.mhplus.de/online-filiale) 

### Chat service

You can discuss your issue with our customer advisors via chat from your smartphone, tablet or PC. Our team is available for you from Monday to Friday from 8 a.m. to 5 p.m. Additional insurance.

Got questions?  
We've got  
the answers  
+49 (0)7141 9790-940



Full information

## extra

### Specialist search

We don't leave you on your own when it comes to finding a doctor: mhplus is on your side with helpful tips for finding a doctor:

[www.mhplus.de/arztsuche](http://www.mhplus.de/arztsuche) 

### Health hotline


Medical professionals, doctors and specialists are on hand to advise you about your health queries via phone, 24 hours a day: +49 (0)7141 9790 9515

### Medicines hotline

Do you need advice about medicines and medication? You can get expert answers free of charge from the specialists at 4sigma GmbH by phone on +49 (0)7141 9790 9515 or via email at [mhplus-Gesundheitshotline@4sigma.de](mailto:mhplus-Gesundheitshotline@4sigma.de)


### Additional insurance

Want more cover? We offer a wide selection of additional insurance cover options via Süd-deutsche Krankenversicherung:

[www.mhplus.de/zusatzversicherung](http://www.mhplus.de/zusatzversicherung) 


### Call-back service

Do you have questions but don't have much time to call us? We'll call you back. Simply arrange an appointment online:

[www.mhplus.de/rueckruf-service](http://www.mhplus.de/rueckruf-service) 

### On-call midwife service

A midwife can be contacted 24 hours a day by mothers-to-be and when you go into labour. We pay up to 250 euros per pregnancy:

[www.mhplus.de/hebammenruefbereitschaft](http://www.mhplus.de/hebammenruefbereitschaft) 



# powerful

*Services in the event of illness*

**Because it helps you: there for you if you fall ill.**

You'll notice how good a health insurer is when you need to rely on it – whatever the problem is or whatever your worries are. With a range of services from alternative medicine to innovative treatments, we are there to ensure you have the best possible recovery.



Acupuncture / Alternative medicines / Outpatient operations / Osteopathy / Dentures / Disease management programmes / Additional dental treatment options / ZweitmeinungPlus / Free choice of hospitals and clinic finder / Homeopathy / Kasseler Stottertherapie / Light therapy / CyberKnife – robot-guided high-precision irradiation / Back care programme – AchtungRücken! / Vision training for children with Caterna / Speech therapy app for children / TeleClinic – virtual consultation



**Tip: Insured pregnant women can get professional teeth cleaning free of charge at a flat rate from dentists who are members of the DentNet network.**

## plus

### Dentures

You can save up to 100% of your own contribution for dental prostheses with our contract partners throughout Germany. It is important that you have a comprehensive dental bonus booklet covering the last 10 years: [www.mhplus.de/zahnersatz](http://www.mhplus.de/zahnersatz) 


### Additional dental treatment services

In the dentist network DentNet, you receive additional services, such as high-quality dentures, implants and professional teeth cleaning, at discounted rates – thus saving on own contributions: [www.mhplus.de/dentnet](http://www.mhplus.de/dentnet) 

### ZweitmeinungPlus


If surgery is recommended for your back, shoulder or knee, you can have the costs for an expert opinion from recognised specialists refunded. We also support you in the event of a cancer diagnosis with a second-opinion service: [www.mhplus.de/zweitmeinung](http://www.mhplus.de/zweitmeinung) 

### Free choice of hospital and clinic finder


You are free to choose the contract clinic that is right for you. Everything you need to know about your hospital stay and assistance in choosing the right clinic can be found at: [www.mhplus.de/klinik-suche](http://www.mhplus.de/klinik-suche) 

## alternative


### Acupuncture

mhplus pays for acupuncture treatments that last at least 20 minutes. Invoicing is effected simply by presenting your health insurance card: [www.mhplus.de/akupunktur](http://www.mhplus.de/akupunktur) 

### Alternative medicine

You are reimbursed up to 30 euros per calendar year for over-the-counter homeopathic, phytotherapeutic and anthroposophic remedies only available in pharmacies: [www.mhplus.de/alternative-arzneimittel](http://www.mhplus.de/alternative-arzneimittel) 

### Homeopathy


mhplus supports alternative treatment methods with selected contracted physicians. From medical history and analysis to individual advice: [www.mhplus.de/homoeopathie](http://www.mhplus.de/homoeopathie) 

### Osteopathy


We refund 80% of the costs for a total of two osteopathic treatments in a calendar year – up to 60 euros per session. Requirements for the coverage of treatment costs can be found online at: [www.mhplus.de/osteopathie](http://www.mhplus.de/osteopathie) 

## innovative


### Outpatient operations

Many operations can also be performed as outpatient treatment with the surgeon quality remaining the same. We work together with a network of orthopaedic, surgical, gynaecological, urological and ENT specialists: [www.mhplus.de/ambulante-operationen](http://www.mhplus.de/ambulante-operationen) 


### CyberKnife – robot-guided high-precision irradiation

Certain tumours on the brain, throat and head, on the spinal cord and spine, as well as forms of facial pain can be dealt with in a gentle, painless and effective way using CyberKnife technology. There are CyberKnife centres in seven German cities: [www.mhplus.de/cyberknife](http://www.mhplus.de/cyberknife) 


### Disease management programme (DMP)

Structured treatment programmes offer chronically ill people cross-functional treatment and intensive support through mhplus and the attending physician. The programme is optimally adapted to your needs (for type 1 and type 2 diabetes, asthma, COPD, breast cancer and coronary heart diseases): [www.mhplus.de/dmp](http://www.mhplus.de/dmp) 

### Kasseler Stottertherapie

The aim of Kasseler Stottertherapie stuttering therapy is to learn and maintain a new, smooth way of speaking. The new, smooth speech pattern is taught and practised using software with therapeutic instruction: [www.mhplus.de/stottertherapie](http://www.mhplus.de/stottertherapie) 

### Light therapy

Seasonal affective disorder, also known as “the winter blues”, can be successfully treated with light therapy, according to scientific findings and on the recommendation of medical treatment guidelines: [www.mhplus.de/lichttherapie](http://www.mhplus.de/lichttherapie) 


### Back care programme – AchtungRücken!

Your back is important to us. You can strengthen it with exercise programmes, comprehensive advice and special treatment concepts such as our back courses: [www.mhplus.de/achtung-ruecken](http://www.mhplus.de/achtung-ruecken)


### neolexon for combating speech impediments in children

The app supports playful, independent learning for children with problems with articulation. It complements speech therapy for children between three and seven years of age: [www.mhplus.de/neolexon](http://www.mhplus.de/neolexon) 

### Vision training for kids with Caterna

The web-based vision training is an innovative concept for children with a functional visual impairment (amblyopia). It is used in combination with the tried-and-tested occlusion method and supervised by an ophthalmologist: [www.mhplus.de/caterna-sehschule](http://www.mhplus.de/caterna-sehschule) 

### TeleClinic – virtual consultation

The TeleClinic platform offers you a Germany-wide network of highly-qualified doctors, 24 hours a day, 365 days a year. The TeleClinic doctors can treat almost anything that a traditional family doctor does: [www.mhplus.de/teleclinic](http://www.mhplus.de/teleclinic) 



Full information



Simply. More. You.

**Always there for you,  
even when you have more  
*important* things to do.**

Life is full of surprises. This is exactly why it's important  
to feel you're in safe hands – especially when it comes to  
your own health.





**Fitcash health bonus / Baby Bonus / Potzblitz – the bonus scheme for children / Sealing of smooth surfaces / Skin cancer screening / Vaccination / Professional teeth cleaning / Physical examination for sports / Online courses / Fissure sealing / “Sturmfrei” children’s holiday programme / Pregnancy budget / Hallo Baby / Orthodontics budget / Health courses / Health-related travel**

# good

***Services for the health-conscious***

**Whichever stage of life you are at, you will get exactly what you need for the good of your health. There are many services for check-ups and staying healthy. What’s more, you and your family will be rewarded with fantastic bonus programmes.**





bonus

**Fitcash health bonus**  
Get up to 280 euros per year with our bonus programme. You can get up to 180 euros with the Fitcash health bonus, up to 50 euros with the move-App and up to 50 euros with the mind-App. With the mhplus Bonus-App, you always have your bonus programme with you: [www.mhplus.de/fitcash](http://www.mhplus.de/fitcash)

**Baby Bonus**  
Do something good for you and your baby and get a reward: new parents can receive a bonus of up to 160 euros. With the mhplus Bonus-App, you always have your bonus programme with you: [www.mhplus.de/babybonus](http://www.mhplus.de/babybonus)

**Potzblitz – the bonus scheme for children**  
Up until the day before they turn 15, children have their own bonus scheme. Measures that help to promote health and fitness are rewarded with non-cash gifts worth up to 150 euros or with cash. It's easy with the mhplus Bonus-App: [www.mhplus.de/potzblitz](http://www.mhplus.de/potzblitz)

prevention

**Health-related travel**  
Choose a multi-day health trip with preventative courses on various topics: exercise (e. g. Nordic walking, back training), nutrition (e. g. avoiding malnutrition), relaxation (e. g. autogenic training, yoga, tai chi) – mhplus subsidises participation in a health trip with up to 140 euros per year: [www.mhplus.de/gesundheitsreisen](http://www.mhplus.de/gesundheitsreisen)

**Health courses**  
Twice a year, mhplus pays 80 % of the fees for your health course – up to 70 euros per course. You can find courses near you in our course database: [www.mhplus.de/kursdatenbank](http://www.mhplus.de/kursdatenbank)

**Skin cancer screening**  
From the age of 15, you can undergo a skin cancer screening every two years, free of charge. The comprehensive examination involves taking a medical history, a visual examination of the entire body and detailed documentation and advice: [www.mhplus.de/hautsache](http://www.mhplus.de/hautsache)

**Vaccination**  
We cover the costs of all vaccinations recommended by the STIKO (Standing Committee on Vaccination). In addition, we also cover certain private travel vaccinations such as those against hepatitis A and B, as well as the flu jab at any age and the HPV vaccination for those aged 18 to 26: [www.mhplus.de/schutzimpfungen](http://www.mhplus.de/schutzimpfungen)

**Professional teeth cleaning**  
Children and adults receive an subsidy of up to 40 euros per calendar year for a dentist (approved by the health insurer) of your choice: [www.mhplus.de/zahnreinigung](http://www.mhplus.de/zahnreinigung)

**Physical examination for sports**  
When doing sports, you can strain or injure yourself. In order to exclude health risks, an examination by an approved sports medicine specialist before you start training is recommended. We contribute up to 60 euros per calendar year: [www.mhplus.de/sportmedizinische-untersuchung](http://www.mhplus.de/sportmedizinische-untersuchung)

**Online courses**  
Promote your health and fitness with selected online courses. mhplus covers the course fees in full if you participate in all sessions. All courses can be found at: [www.mhplus.de/online-kurse](http://www.mhplus.de/online-kurse)

**Fissure sealing**  
mhplus covers fissure sealing of premolars with up to 60 euros per calendar year. [www.mhplus.de/fissurenversiegelung](http://www.mhplus.de/fissurenversiegelung)

family

**U0 check-up**  
You can get advice about important topics from a paediatrician regarding the health of your child before they are even born – as part of the BKK STARKE KIDS health programme. [www.mhplus.de/starkekids](http://www.mhplus.de/starkekids)

**“Sturmfrei” children’s holiday programme**  
Have your children well looked after with games, fun and exercise on a five-day holiday programme. More information at: [www.mhplus.de/sturmfrei](http://www.mhplus.de/sturmfrei)

**Pregnancy budget**  
You decide which additional services and examinations you want to have during your pregnancy. You can use 150 euros per pregnancy for a toxoplasmosis test and many other services: [www.mhplus.de/schwangerschaftsbudget](http://www.mhplus.de/schwangerschaftsbudget)

**Hallo Baby**  
Reduce the risk of premature birth: This special screening programme includes free advice and the toxoplasmosis test, group B streptococcus test and infection screening. [www.mhplus.de/hallo-baby](http://www.mhplus.de/hallo-baby)

**Sealing of smooth surfaces**  
We cover the sealing of smooth surfaces for fixed braces with up to 60 euros per calendar year: [www.mhplus.de/glattflaechenversiegelung](http://www.mhplus.de/glattflaechenversiegelung)

**Orthodontics budget**  
You and your child will be supported with orthodontic treatment – whether it’s high-quality brackets and braces or fixed bottom retainers. We reimburse you with up to 150 euros per child and per treatment at the orthodontist: [www.mhplus.de/kfo-budget](http://www.mhplus.de/kfo-budget)

excellent















# Join us.

Becoming an mhplus member is simple.



Apply even faster online:

**Become a member.**

- 1. Fill in a membership application.**  
We will take care of swapping providers. There are three options: Fill in the online application  or enclosed forms  and send them to us by post  or upload photos  of the forms  via the app [www.mhplus.de/mhplus-app](http://www.mhplus.de/mhplus-app).
- 2. For your mhplus health insurance card,  you can quickly and conveniently upload a digital photo  free of charge to [www.mhplus.de/foto-hochladen](http://www.mhplus.de/foto-hochladen)**  
We will issue your electronic health insurance card as quickly as possible. 



♥ **Always there for you** ☎ **+49 (0)7141 979 00, Mon.–Fri.  
7 a.m.–8 p.m./Sat. 10 a.m.–1 p.m.** ✉ **info@mhplus.de**  
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📱 **) mhplus Service-App** 📍 **Branch office: Franckstrasse 8,  
71636 Ludwigsburg, Germany or 🔍 www.mhplus.de**