

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. Skin cancer screening.  
Acupuncture. Zweitmeinung Plus. Health trips.  
Professional teeth cleaning. Fitcash health bonus.  
mhplus move. mhplus mind. Free choice of hospital. Osteopathy.  
Pregnancy budget. Hallo Baby. Supplementary insurance services.  
Service app. Outpatient surgery. Kinderheldin by keleya.  
Sports medical examination. Dentures. Back health programme.  
TeleClinic. Homeopathy. Cyberknife.**





**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.**

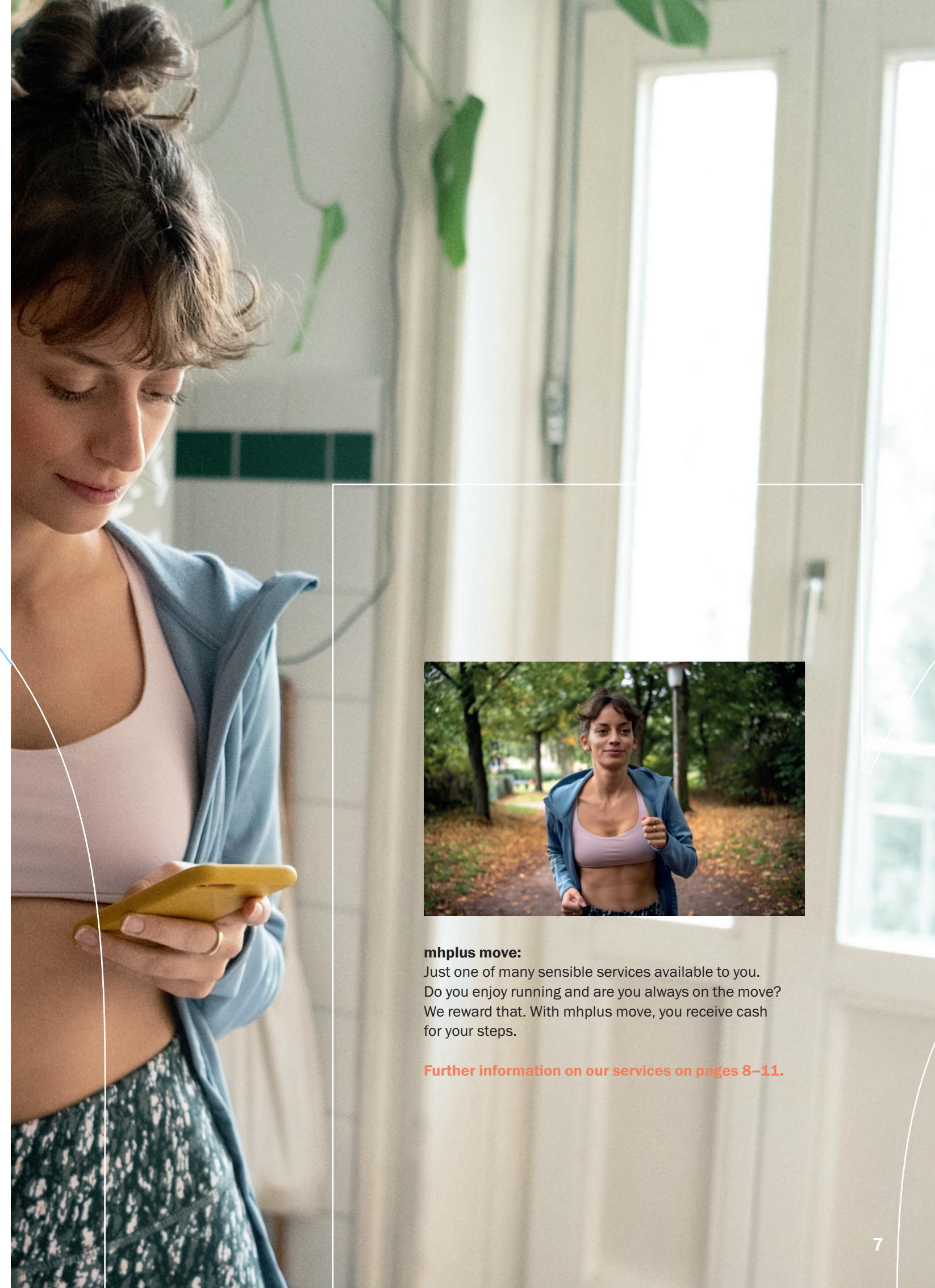
## *Simple and designed with care.*

**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 talk/  
Kinderheldin by keleya / 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](http://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](http://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](http://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](http://www.mhplus.de/move) 


### mhplus health talk

Take part in our online lectures on various health topics from the comfort of your own home. We answer your questions about healthy eating, exercise and stress management and give you valuable tips and tricks for your everyday life. Register at: [www.mhplus.de/gesundheitsakademie](http://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](http://www.mhplus.de/elternratgeber) 

### Kinderheldin by keleya

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](http://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](http://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.


### 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](http://www.mhplus.de/epa) 

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

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


### Health hotline

Doctors and medical specialists advise you on health matters 24 hours a day: [www.mhplus.de/expertenrat-fuer-patienten](http://www.mhplus.de/expertenrat-fuer-patienten)


### Medicine helpline

Need advice about medicine? You can get expert answers from the specialists at 4sigma GmbH free of charge: [www.mhplus.de/arzneimitteltelefon](http://www.mhplus.de/arzneimitteltelefon)


### Supplementary insurance services

Want more protection? We offer a wide range of supplementary insurance packages via Süddeutsche Krankenversicherung: [www.mhplus.de/zusatzversicherung](http://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](http://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](http://www.mhplus.de/hebammenrufbereitschaft) 



# strong

*Benefits in the event of an 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](http://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](http://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](http://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](http://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](http://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](http://www.mhplus.de/osteopathie) 

## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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

Get up to 290.00 euros with our bonus programme: up to 170.00 euros with the Fitcash health bonus. Up to 70.00 euros with mhplus move. And up to 50.00 euros with mind. If you have paid for a selected health service (such as private supplementary health insurance) privately, you could receive a bonus of up to 435.00 euros. With the mhplus Bonus app, you always have your digital bonus booklet at hand. You can find a list of health services and all information about your bonus at: [www.mhplus.de/fitcash](http://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](http://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](http://www.mhplus.de/potzblitz)

## 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](http://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](http://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](http://www.mhplus.de/hautsache)

### Vaccination

mhplus will generally cover the costs of a vaccination if it is recommended by the Standing Committee on Vaccination (STIKO) at the Robert Koch Institute and is covered under the statutory benefits (Vaccination Directive – SI-RL) or our additional benefits. In addition, certain private travel vaccinations, such as those against hepatitis A and B, as well as the flu vaccination (regardless of age) and the HPV vaccination (for 18–26-year-olds). [www.mhplus.de/schutzimpfungen](http://www.mhplus.de/schutzimpfungen)

### 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](http://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](http://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](http://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](http://www.mhplus.de/fissurenversiegelung)

### PIFFIX TV

Now you can enjoy PFIFFIX at home! In many episodes, split up into specific categories, your child can master lots of fun adventures together with PFIFFIX. Check out our YouTube channel and get moving. See for yourself and join in: [www.youtube.com/@piffix7322](https://www.youtube.com/@piffix7322)

### PFIFFIX Online

The certified ten-week courses ensure that children get more exercise at home and discover the fun of sport. The online courses are free of charge for children between the ages of six and twelve who have mhplus insurance. You can request access codes for your child here so that they can get started right away: [piffix-online@mhplus.de](mailto:piffix-online@mhplus.de)

## family

### U0 medical check-ups

Get advice from a paediatrician on the most important questions about your child’s health even before the birth as part of the “Starke Kids by BKK” \[Strong Kids by BKK] health programme. [www.mhplus.de/starkekids](http://www.mhplus.de/starkekids)

### “Sturmfrei” holiday programme for children

Your children can look forward to fun, games and exercise during a holiday programme lasting several days. 100 percent free with full participation. Find out more under: [www.mhplus.de/sturmfrei](http://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](http://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](http://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](http://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](http://www.mhplus.de/kfo-budget)













# Here for you.

Becoming an mhplus  
member is simple.

**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](http://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](http://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 to help** ☎ **07141 9790-0**

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📷 **instagram.com/deine\_mhplus** 📱 **) mhplus Service app**

🔍 **www.mhplus.de**