

# TK Bonus Plan

We believe that anyone who shows commitment to healthy living deserves a reward. Our TK Bonus Plan will motivate you to actively work on your health and fitness.

## Who can participate?

The benefits of the TK Bonus Plan are available to all TK insurees.

## How do I sign up?

To register for the Plan, simply visit our website: [www.tk.de](http://www.tk.de), **Website code 150364**. We regret, but this website is currently only available in German. Please register first in the secure area at "Meine TK" ["My TK"].

You can also order your registration forms from the TK-ServiceTeam at 0800 - 285 85 85 (24 hours a day, 365 days a year, free call in Germany).

Your participation begins on the first day of the month in which we receive your declaration.

## How do I use the TK-Bonusheft [TK bonus booklet]?

If you have registered for the TK Bonus Plan online, you can download the pdf of the TK-Bonusheft immediately. Otherwise, you will receive it by post.

The TK-Bonusheft describes all activities for which you can collect a health bonus. As proof of the activities, you will need a stamp from the treating doctor or dentist, the organiser of the health activity, or the course instructor. In some cases, we ask that you also submit your certificate of participation, so we can ascertain whether it is a quality assured activity.

The TK-Bonusheft is valid for twelve months (bonus period). Please submit the complete booklet along with any further documentation within three months after the end of the bonus period. You can use the convenient upload function at "Meine TK" to do this. If you prefer to send the booklet by post, you will find the address on the TK-Bonusheft itself.

Your participation is automatically extended by another twelve months as soon as you submit the completed TK-Bonusheft to us, unless you inform us that you do not wish to participate any longer.

## Health bonus

You can collect bonus points for many health activities. Prerequisite: The activities are conducted during the respective bonus period. You need at least 1,000 bonus points to be eligible for a health bonus.

### Bonus points for activities of adults

Early cancer screening	200 points each
Skin cancer screening	200 points
Health check-up	200 points
Preventive dentistry	200 points
Antenatal care	200 points
Health courses* on exercise, nutrition or weight reduction, stress management or relaxation, addictive substance abuse	400 points each
Postnatal exercise class	400 points
Vaccination	400 points
Active membership in a sports club, fitness studio, company or university sports	500 points
German sports badge	500 points
Active participation in sporting events	500 points
TK-Health Coaching online (for a maximum of two coachings in the bonus period)	500 points each

\*You will find our current catalogue of courses at [www.tk.de](http://www.tk.de), **Website code 133636\*\***.

### Bonus Points for activities of children and adolescents

Children's early detection check-ups U1 to U9	200 points each
Bonus for complete record of U1 to U9 check-ups	400 points
Children's early detection check-ups U10 and U11	200 points each
Youth health check-ups J1 and J2	200 points each
Preventive dentistry 2x	200 points each

Vaccination	400 points
baby swimming class	400 points
parent and child gymnastics classes	400 points
Health courses* on exercise, nutrition or weight reduction, stress management or relaxation, violence prevention in day nursery and school, addictive substance abuse	400 points each
Active membership in a sports club	500 points
German sports badge	500 points
Active participation in sporting events	500 points

\*You will find our current catalogue of courses at [www.tk.de](http://www.tk.de), **Website code 133636\*\***.

### The choice is yours

Once you have earned at least 1,000 bonus points you may choose:

#### Bonus model One: TK-BonusDirect

With TK-BonusDirect, you opt for immediate payout of the health bonus. For 1,000 bonus points, your health bonus is 30 Euro. Each additional 100 points increase your bonus by 2.50 Euro.

#### Bonus model Two: TK Health Dividend

It pays to do even more for your health. You can benefit from the TK Health Dividend. At 60 Euro for 1,000 bonus points and 5 Euro for each additional 100 points it is twice as high as TK-BonusDirect.

You can be reimbursed for selected health services with the TK Health Dividend. The dividend is valid for three years – after that it expires.

The TK Health Dividends of children and adolescents are valid for three years after reaching the age of 18. Any remaining amounts cannot be paid out. You can use the TK Health Dividend for the following services:

- Acupuncture
- Anthroposophic remedies (for example, eurhythmy therapy)
- Spectacles and contact lenses
- Data and document service for medical emergencies
- Extended dental services (e.g. sealing of fissures, functional analysis)
- Fitness measuring devices
- Health courses (including online offers)
- Midwife-led services (childbirth classes for partners as well as pre-birth acupuncture)
- Services of the Hufeland catalogue
- Membership in sports club or a fitness studio
- Osteodensitometry (bone mineral density test)
- Osteopathy
- Professional teeth cleaning (PCT [PZR])

- Eye tests
- Sports and fitness equipment
- Sports and fitness classes (including online offers)
- Sports medical examination and consultation
- Sporting events (starting or participation fees)
- Check-ups and early detection screenings (e.g. ultrasound for early detection of cancer)
- Dental prosthesis and crowns
- Additional diagnostics for preventive care during pregnancy
- Supplementary insurance with our cooperation partner, Envivas Krankenversicherung AG

It is important that the service was not rendered before the bonus period for which you first selected the TK Health Dividend as your bonus model. Simply submit your invoice. We will reimburse the costs up to the available amount.

By the way: We are legally obliged to report not only your contributions to health and long-term care insurance but also any bonus payments from the TK-BonusDirect model to the tax authorities. This does not apply to payments of the bonus model TK Health Dividend.

#### Find out more

Further information is available on the Internet: [www.tk.de](http://www.tk.de), **Website code 140656\*\***.

The provisions of the TK Statutes apply to the Bonus Plan. You may view the statutes on our home page: [www.tk.de](http://www.tk.de), **Website code 149038\*\***.

\*\* We regret, but this information is currently only available in German.