

My choice.

*Simply.*  
**more You.**

We simply offer you more.

**mhplus**  
Krankenkasse.



# *Simply.* **more You.**

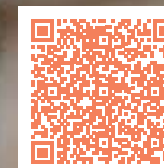
Turbulent, adventurous, beautiful – life can be so many different things. Sometimes everything happens at once. To help you cope with your busy daily life, we want to make it as easy as possible for you. With services that are uncomplicated, flexible and relevant to your life. We are the health insurance company that meets today's needs. Simply more than you expect.

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

**Simple:** Easier for you in every way. By explaining things in an easily understandable way and by sorting out a lot of things for you.

**Human:** Every person is unique. Your needs matter. We will focus on you and your life.

**Reliable:** At mhplus, you are in good hands because we are proactive and do everything conscientiously.



Our  
awards

## **Really good for *you*.**

Whatever your needs may be: the mhplus services are made for you. Because they fit perfectly into your life. Here are some highlights:

**Find a specialist. Health hotline. Skin cancer screening. Acupuncture. Second opinion plus. Health tourism. Professional tooth cleaning. Fitcash health bonus. mhplus move. mhplus mind. Free choice of hospital. Osteopathy. Pregnancy budget. Hi baby. Additional insurances. Service app. Outpatient surgeries. keleya. Sports medicine Examination. Dentures. Back program. TeleClinic. Homoeopathy. Cyberknife.**





**When it really matters,  
it is better for you:**

Cyberknife technology, for example, is a robot-guided, high-precision radiation therapy for certain tumours, which makes it possible to operate gently, painlessly and effectively.

**More information about services in case of illness can be found on pages 12-15.**

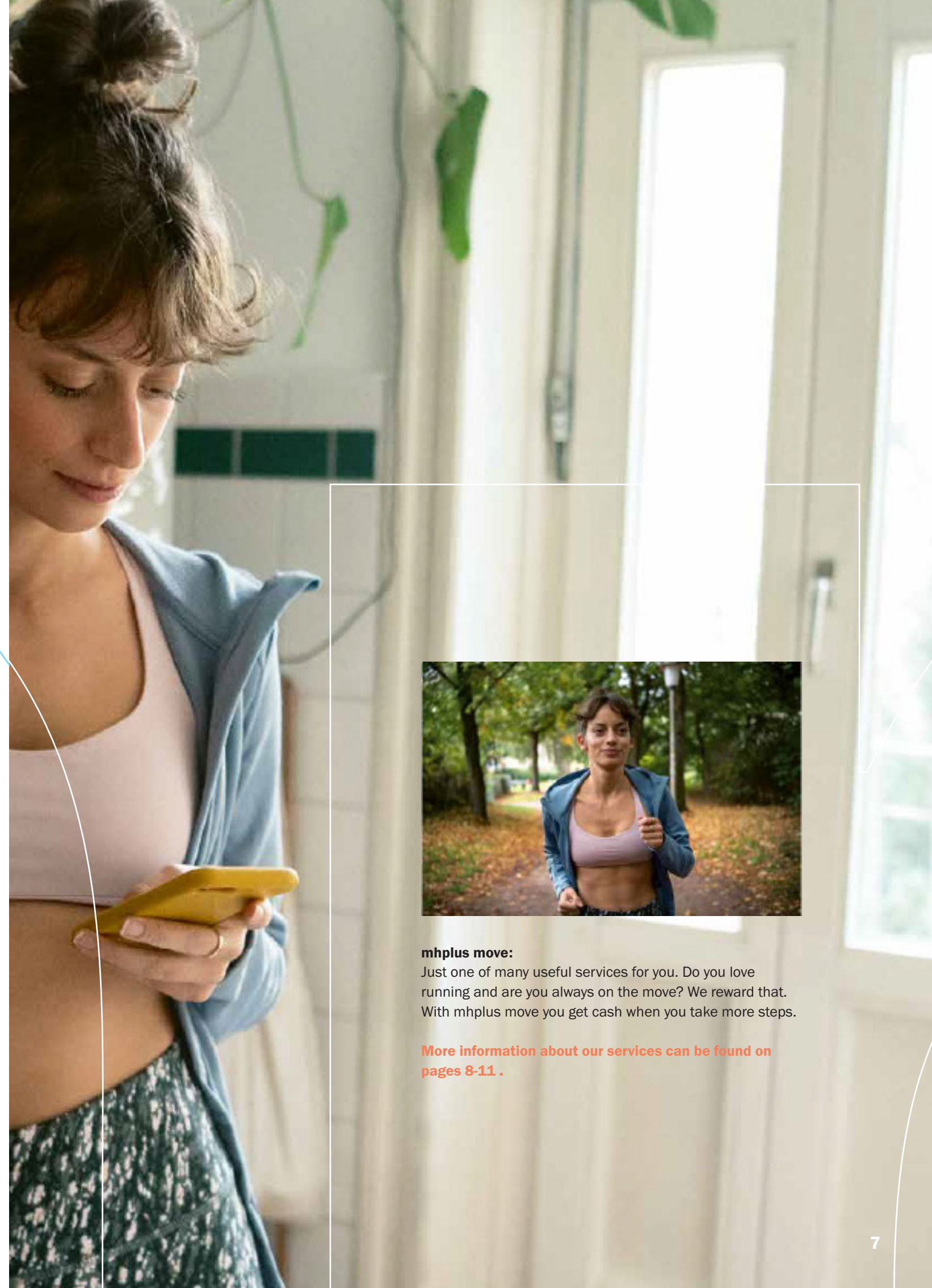
# Simple and thought-out.

**No matter what your life situation is, whatever you need. Our services for those who are ill and health-conscious are often not only innovative, but also very helpful.**

**Prevention is better than cure:**

let us help you stay healthy. Sealing the smooth surfaces of your teeth, for example, strengthens your dental health. And with the pregnancy budget, you greatly promote the health of your unborn child thanks to advanced examination methods.

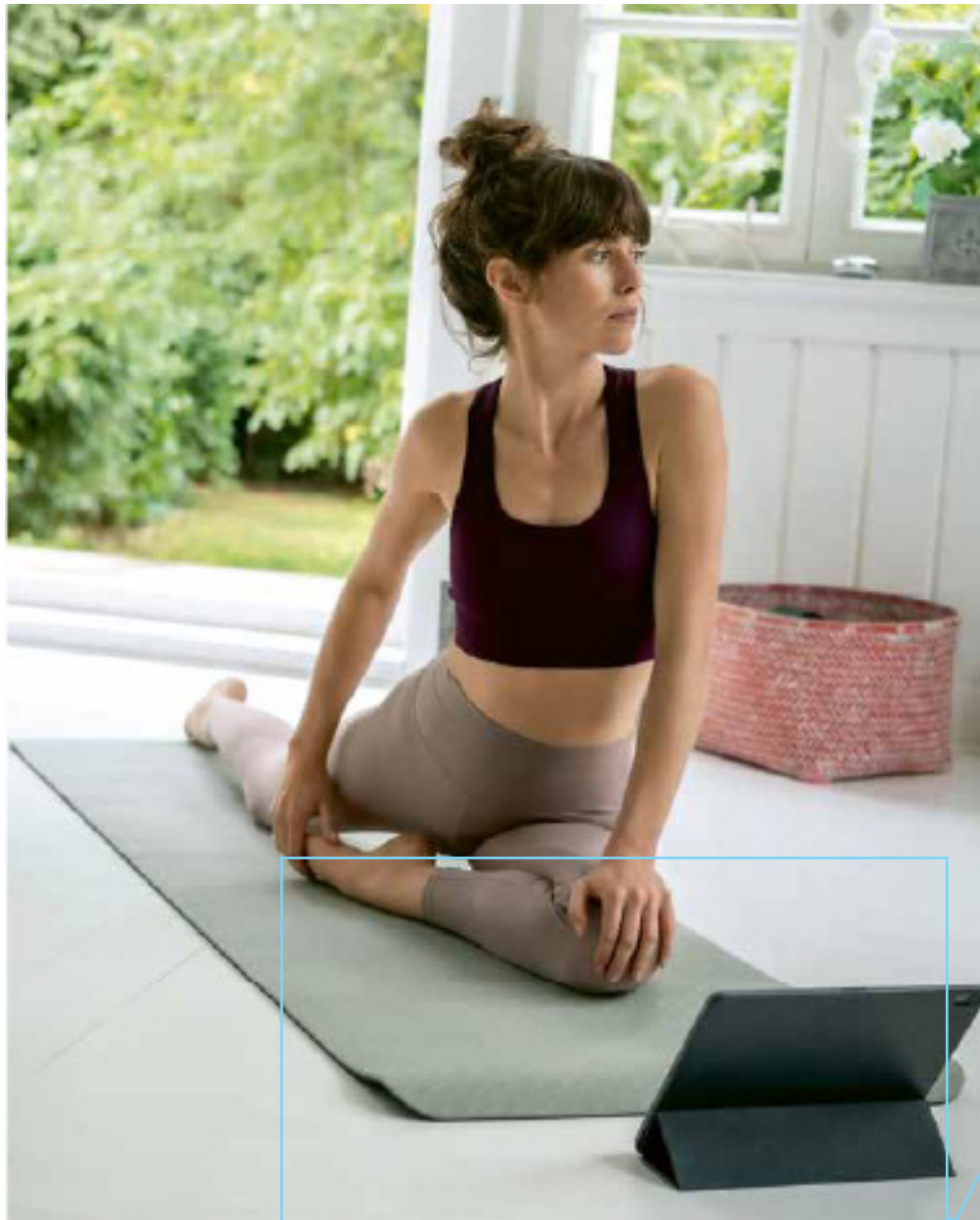
**Many more services for health-conscious people can be found on pages 18-21.**



**mhplus move:**

Just one of many useful services for you. Do you love running and are you always on the move? We reward that. With mhplus move you get cash when you take more steps.

**More information about our services can be found on pages 8-11 .**



**mhplus service app / mhplus bonus app /  
mhplus mind / mhplus move / chat consultation /  
mhplus health talk / keleya /  
find a specialist / health hotline /  
drugs hotline / additional insurances /  
callback service / midwife on-call service**

# close

***Your services***

**Why mhplus services are so  
good for you and fit your life?  
Because they support you  
in every situation, make you  
less dependent, and help you  
progress! Whatever you value.  
Wherever you are. Whether  
online or physically.**





Click here to go to  
the mhplus bonus app.

## online

### mhplus service app

Do you want to submit documents online, e.g. invoices or enrolment certificates? No problem! Furthermore, this app supports you by conveniently updating your personal data and much more:

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

### mhplus bonus app

In this way, your mhplus bonus program is always available when you need it, you can keep track of completed and missing documents, and you can easily submit them – whether it is a Fitcash health bonus, a baby bonus or a Potzblitz children's bonus:

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

### mhplus mind

Mindfulness means being in the here and now. The mhplus mind+move app helps you with this. Through the exercises you focus on your thoughts and the present moment. Here's how to relax:

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

### mhplus move

The mhplus mind+move app makes sure that you always have your free personal trainer with you. You count your steps daily – this promotes your health and you receive a bonus:

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

### mhplus health talk

Participate 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 we offer you valuable tips and tricks for your everyday life. Sign up at:

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

### Parents' guide to digital media

Our video portal offers helpful tips on how to make sure that your child uses digital media in a healthy way. Find out how to introduce your child to the digital world while protecting it from the dangers of social networks.

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

### keleya

The exclusive all-inclusive package keleya brings midwives to your home – online and conveniently. Via live and video courses about pregnancy, birth and postpartum, perfectly tailored to individual needs. Twelve months for free. All information:

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

### mhplus online branch

You can, as an example, submit your membership application or ask for certificates to be issued. The online branch is always open.

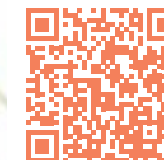
[www.mhplus.de/online-filiale](http://www.mhplus.de/online-filiale)

### mhplus ePA app

With the electronic patient record, or ePA, you always have a good overview of your health. Amongst other things, you can store your medical records, your dental bonus booklet, your pregnancy record and your vaccination record safely in one place. Thanks to the ePA, your doctors can quickly get an overview of your health. Duplicate examinations can be avoided and your therapy will progress faster:

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

Any questions?  
We will take  
care of them  
07141 9790-1000



Complete information

## extra

### Find a specialist

So that you, as a patient, are not left alone when searching for a doctor: Your mhplus health insurance provides helpful tips for finding a doctor: [www.mhplus.de/arztsuche](http://www.mhplus.de/arztsuche)

### Health hotline

Medical professionals, doctors and specialists are available 24 hours a day to answer your health questions: [www.mhplus.de/expertenrat-fuer-patienten](http://www.mhplus.de/expertenrat-fuer-patienten)

### Additional insurances

Do you want more protection? Through the Süddeutsche Krankenversicherung we offer you a wide selection of additional insurances: [www.mhplus.de/zusatzversicherung](http://www.mhplus.de/zusatzversicherung)

### Callback service

Do you have questions for us, but little time to call us? Ask us to call you back. Simply book your preferred appointment online: [www.mhplus.de/rueckruf-service](http://www.mhplus.de/rueckruf-service)

### Midwife on-call service

For expectant mothers, the midwife is available 24 hours a day and is also available when labour begins. We pay up to € 250 per pregnancy for this. [www.mhplus.de/hebammenrufbereitschaft](http://www.mhplus.de/hebammenrufbereitschaft)



# strong

## *Benefits in case of illness*

You only realise how good a health insurance company is when it really matters. Whatever you are suffering from or whatever your worries are. With a diverse range of services from alternative medicine to innovative treatment methods, we ensure your best possible recovery.



Acupuncture / Alternative medicines / Outpatient surgery / Osteopathy / Dentures / Disease management program / Additional services for dental treatment / Second opinion / Free choice of hospital and clinic search / Homoeopathy / Kassel Stuttering Program / Light therapy / Cyberknife – robot-guided high-precision radiation therapy / Back program – Attention back! / Vision training for children through Caterna Speech therapy app for children / TeleClinic – digital consultation

## plus

### Second opinion

If your doctor recommends a tonsillectomy, an arthroscopy, spinal surgery, knee or hip replacements and many other operations, it is advisable to seek a second medical opinion from a proven specialist.

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

### Free choice of hospital and clinic search

You are free to choose the contracted clinic that best suits your treatment. Everything you need to know about your hospital stay and our support when choosing the right clinic:

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

## alternative

### Acupuncture

Your mhplus covers acupuncture treatments lasting at least 20 minutes. Billing is very simple: just present your insurance card.

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

### Alternative medicine

For non-prescription, pharmacy-only medicines of homoeopathy, phytotherapy and anthroposophy you receive up to € 30 euros per calendar year:

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

### Homoeopathy

Your mhplus membership supports alternative healing methods at selected contracted doctors. From the initial consultation and analysis to individual advice:

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

### Osteopathy

You will receive 80 percent reimbursement for the costs of a total of two osteopathic treatments per calendar year – up to a maximum of € 60 euros per session. Requirements for meetings the costs:

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

## innovative

### Outpatient surgery

Many operations can also be performed on an outpatient basis, provided the surgeon possesses the same skill level. Within this area, we cooperate with a network of doctors including orthopaedists, surgeons, gynaecologists, urologists and ear, nose and throat specialists.

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

### Cyberknife – robot-guided high-precision radiation therapy

Certain tumours on the brain, neck and head, spinal cord and spine, as well as certain forms of facial pain, can be gently, painlessly and effectively removed using Cyberknife technology. Cyberknife centres are available in seven cities across Germany.

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

### Disease Management Programs (DMP)

They enable chronically ill patients to receive structured, cross-departmental and intensive care from mhplus and the treating physician. Optimally tailored to the patient's needs (for type I and II diabetes mellitus, asthma, osteoporosis, COPD, breast cancer or coronary heart disease).

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

### Kassel stuttering therapy

The goal of the Kassel stuttering therapy is to learn and maintain a new, soft way of speaking. Under therapeutic guidance, the new soft speech pattern is learned and practised using the software:

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

### Light therapy

According to scientific findings and medical treatment guidelines, seasonal affective disorder (SAD), also known as winter depression, can be successfully treated with light therapy:

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

### Back program – Attention back!

Our back portal provides you with comprehensive information and advice on the topic of back pain. You can strengthen your back with our online back courses:

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

### neolexon for children's speech disorders

The app offers playful self-training for children with speech disorders. It serves children between the age of three and seven in addition to speech therapy:

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

### Vision training for children through Caterna

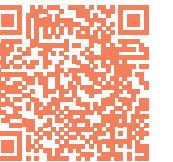
This web-based vision training is an innovative concept for children with functional visual impairment (amblyopia). It is used in conjunction with the proven method of patching the stronger eye and is supervised by an ophthalmologist.

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

### TeleClinic – digital consultation

Through the TeleClinic platform, a highly qualified network of doctors is available to you throughout Germany 24 hours a day, 365 days a year. The doctors at TeleClinic can treat almost anything that a traditional general practitioner can:

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



Complete information



Simply. More. You.

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

Life is full of surprises. That's precisely why it's important to feel well cared for. Especially when it comes to one's own health.





# good

**Your *services* for health-conscious people**

**Fitcash health bonus / Baby bonus / Potzblitz – the bonus program for children / Sealing of smooth surfaces / Skin cancer screening / Vaccination protection / Professional tooth cleaning / Sports medical examination / Online courses / Fissure sealing / Children's holiday program "Sturmfrei" / Pregnancy budget / Hi baby / Orthodontic funding / Health courses / Health tourism**

**Whatever stage of your life you are in: You will receive whatever is good for your health. This includes many services for preventative care and health maintenance. Furthermore, you and your family will be rewarded with great bonus programs.**





Click here for the mhplus bonus app.

## bonus

### Fitcash health bonus

Get up to € 290 with our bonus program: up to € 170 through the Fitcash health bonus. With mhplus move up to € 70. And with mhplus at least up to € 50. If you have privately paid for a selected health service (e.g. a private supplementary health insurance), a bonus of up to € 435 is possible. With the mhplus bonus app, you always have your digital bonus booklet with you. You can find the list of health benefits and all information about the bonus here: [www.mhplus.de/fitcash](http://www.mhplus.de/fitcash)

### Baby bonus

The bonus program for pregnant women and babies. Do something good for yourself and your baby, and reward yourself: New parents can receive a bonus of up to € 160. And with the mhplus bonus app, you always have your digital bonus booklet with you: [www.mhplus.de/babybonus](http://www.mhplus.de/babybonus)

### Potzblitz – the bonus program for children

The Potzblitz children's bonus rewards your children for preventive check-ups and other activities. You can get up to € 150 for that. Potzblitz is for children up to one day before their 15th birthday. It's very easy with the mhplus bonus app: [www.mhplus.de/potzblitz](http://www.mhplus.de/potzblitz)

## excellent



## prevention

### Health tourism

Opt for a multi-day health trip with prevention courses on various topics: Exercise (e.g. Nordic walking, back exercises), nutrition (e.g. avoiding poor diet), relaxation (e.g. autogenic training, yoga, tai chi) [www.mhplus.de/gesundheitsreisen](http://www.mhplus.de/gesundheitsreisen)

### Health courses

Your mhplus insurance pays 80 percent of the costs for your health course twice a year – up to € 100 per course. You can find courses near you and online in our course database: [www.mhplus.de/kursdatenbank](http://www.mhplus.de/kursdatenbank)

### Skin cancer screening

From the age of 15, you can have a free skin cancer screening every two years. The comprehensive examination includes the medical history and a visual examination of the entire body including detailed documentation and consultation: [www.mhplus.de/hautsache](http://www.mhplus.de/hautsache)

### Vaccination protection

In principle, your mhplus insurance covers the costs of a vaccination if it is recommended by the Standing Committee on Vaccination (STIKO) at the Robert Koch Institute and is included in the statutory benefits (vaccination guidelines) or in our additional services. In addition, certain private travel vaccinations, as well as the flu vaccination regardless of age and the HPV vaccination for young adults between 18 and 26. [www.mhplus.de/immunizations](http://www.mhplus.de/immunizations)



More information on the topic of health tourism/courses

### Professional tooth cleaning

You will receive a subsidy of up to € 40 per calendar year at a dentist (with health insurance accreditation) of your choice. This applies to children and adults. [www.mhplus.de/zahnreinigung](http://www.mhplus.de/zahnreinigung)

### Sports medical examination

You can also overexert yourself or injure yourself during sports. To rule out health risks, a sports medical examination by a licensed sports physician is recommended before starting training. We will cover up to € 60 once per calendar year. [www.mhplus.de/sports-medical-examination](http://www.mhplus.de/sports-medical-examination)

### Online courses

Boost your health and fitness with selected online courses. Your mhplus membership covers 100 percent of the course fees if you participate fully. All courses can be found at: [www.mhplus.de/online-kurse](http://www.mhplus.de/online-kurse)

### Fissure sealing

Your mhplus insurance covers the fissure sealing of the front small molars (premolars 4 and 5) with up to € 60 per calendar year. This applies to all insured persons up to the age of 17. [www.mhplus.de/fissurenversiegelung](http://www.mhplus.de/fissurenversiegelung)

### PFIFIX TV

Now PFIFIX is coming to your home too! Through numerous episodes, divided into specific categories, your child can try out many different adventures together with PFIFIX. There is plenty of sports content on our YouTube channel. Join us now! [www.youtube.com/@pfifix7322](https://www.youtube.com/@pfifix7322)

### PFIFIX Online

The certified ten-week courses ensure that children get more exercise at home and discover the joy of sport. The online courses are free of charge for children between six and twelve who are insured with mhplus. Here you can request access codes for your child to get started right away: [pfifix-online@mhplus.de](mailto:pfifix-online@mhplus.de)

## family

### U0 preventive examination

Even before birth, you can – as part of the health program "Starke Kids by BKK" – get advice from a paediatrician on the most important questions about your child's health. [www.mhplus.de/starkekids](http://www.mhplus.de/starkekids)

### Children's holiday program "Sturmfrei"

Your children will be well looked after with games, fun and exercise during a multi-day holiday program. Full participation is 100% free. Further information can be found at: [www.mhplus.de/sturmfrei](http://www.mhplus.de/sturmfrei)

### Pregnancy budget

You decide which additional services and examinations you want to use during your pregnancy, e.g. for a toxoplasmosis test and many other services: [www.mhplus.de/schwangerschaftsbudget](http://www.mhplus.de/schwangerschaftsbudget)

### Hi baby

To reduce your risk of premature birth during your pregnancy: The special preventive care program includes free consultation and performance of the toxoplasmosis screening test, B streptococcus tests and an infection screening. [www.mhplus.de/hallo-baby](http://www.mhplus.de/hallo-baby)

### Sealing of smooth surfaces

When you get fixed braces, we will seal the smooth surfaces for you – up to € 60 per calendar year. This applies to all insured persons up to the age of 17. [www.mhplus.de/glattflaechenversiegelung](http://www.mhplus.de/glattflaechenversiegelung)

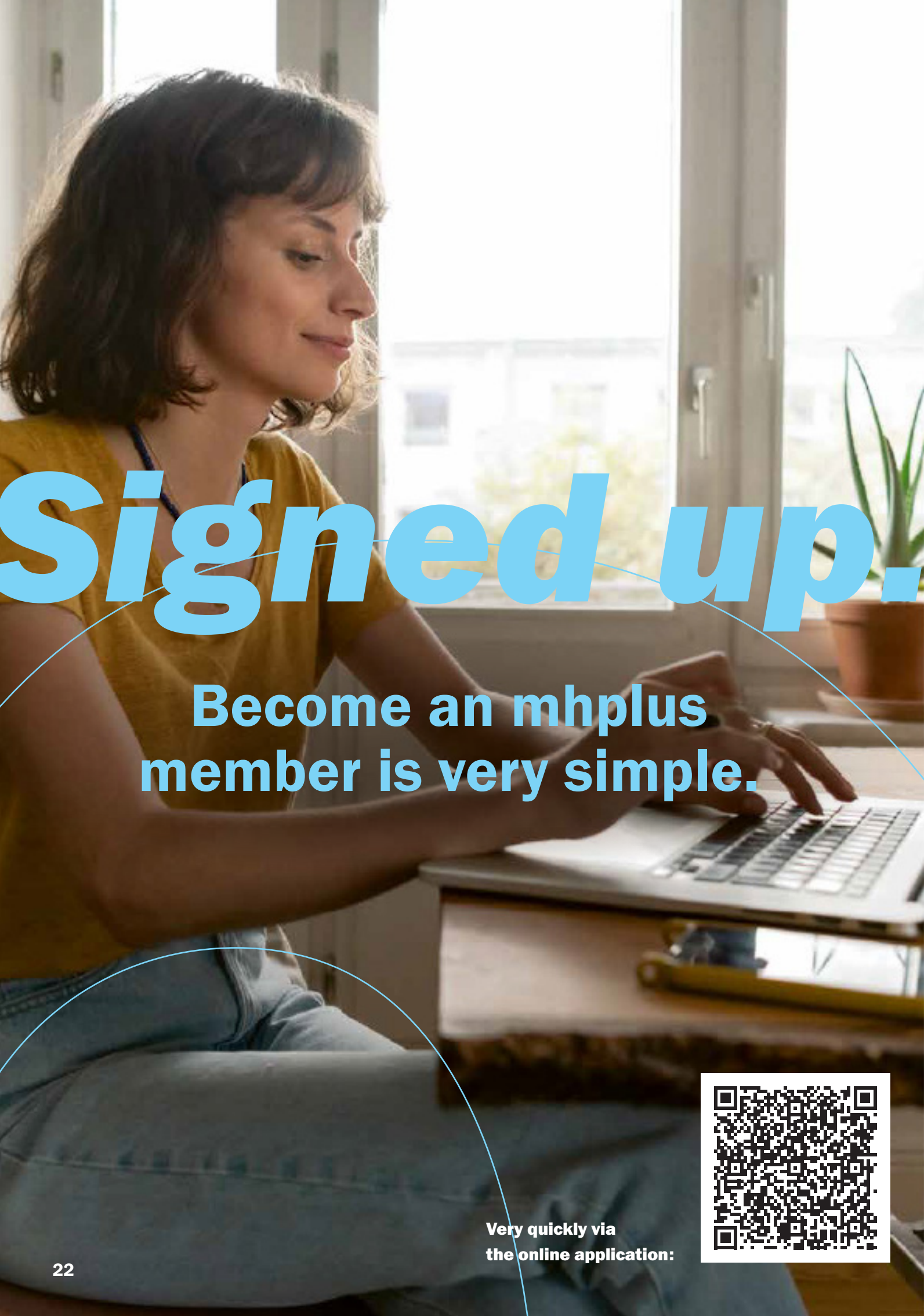
### Orthodontic funding

You and your child will receive support for orthodontic treatments: Whether you want higher-quality brackets and wires or fixed lower jaw retainers. We will reimburse up to € 150 per child and treatment at the orthodontist. [www.mhplus.de/kfo-budget](http://www.mhplus.de/kfo-budget)



More information on the topic of pregnancy budget





# Signed up.

Become an mhplus member is very simple.

Very quickly via  
the online application:



**Become  
a member.**

**1. Fill out the membership application.** We will organise the transfer. There are three possibilities: Fill out the online application  or the attached 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 the mhplus health card, ** upload a digital photo to us quickly, conveniently and for free  on [www.mhplus.de/foto-hochladen](http://www.mhplus.de/foto-hochladen). You can also use our mhplus app for this. We will create your electronic health card as quickly as possible. 



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f **facebook.com/mhplus** 📷 **instagram.com/deine\_mhplus**  
📱 **) mhplus Service-App** 🔍 **www.mhplus.de**