

TK Bonus Plan

We believe that anyone who shows a strong commitment to healthy living deserves a reward. Our TK Bonus Plan motivates you to actively engage in your health and fitness.

Who can participate?

In principle, the benefits of the TK Bonus Plan are available to all TK insurees.

How do I sign up?

You have 3 possibilities for it: You either register online through your personal secure area "Meine TK" ["My TK"] or the TK app. Simply register for "Meine TK" ["My TK"] on www.tk.de under **Website code 150364**. This is the only way you can participate online or through the TK app.

Alternatively, we directly mail you the participation documentation and your bonus booklet. Just order it from our TK-ServiceTeam colleagues by calling 0800 - 285 85 85 (24 hours a day 365 days a year, free call within Germany).

Participation starts on the first day of the month, on which we receive the statement, and runs for 12 months.

This is how you earn points

The performed activities enter right away in the TK app or in "Meine TK" ["My TK"] during your bonus period. You can upload the corresponding proofs directly.

Would you prefer to use the bonus booklet? All health activities have already been listed for you. As proof, you need the stamp of the doctor's or dentist's surgery or of the organiser of the health activity or the course administration. You can use the upload function in "Meine TK" ["My TK"] to submit the documents to us. If you prefer to send the booklet by post, you will find the address on the bonus booklet itself.

In a few cases, we would request you to submit the participation certificate too so we can verify whether it is a quality-assured activity.

Your so-called bonus period, in which you can perform the activities, is 12 months. Afterwards, you still have up to three months to submit the measures you took for accounting purposes. Your participation is then automatically extended by another 12 more months.

Health bonus

Bonus points can be collected for many health activities. Prerequisite: The activities must be performed during the respective bonus period. You are entitled to the health bonus after having at least 1,000 points.

Bonus points for adult activities

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 drug use	400 points each
Postnatal exercise classes	400 points
Vaccination	400 points
Active membership in a sports club, fitness studio or in company or university sports team	500 points
German sports badge	500 points
Active participation in sports events	500 points
TK-Health Coaching online (for up to two health goals in the bonus period)	500 points each

* For our current course offerings, visit www.tk.de, **Website code 133636**¹.

¹ We regret, but this list of current course offerings is currently only available in German.

Bonus points for children and youth activities

Paediatric screening tests U1 to U9	200 points each
Bonus for complete record of U1 to U9 check-ups	400 points
Paediatric screening tests 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 nurseries or addictive drug use	400 points each
Active membership in a sports club	500 points
German sports badge	500 points
Active participation in sports events	500 points

* For our current course offerings, visit www.tk.de, **Website code 133636**².

You have the choice

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

Bonus model one: TK-BonusDirect

With TK-BonusDirect, you choose the direct payout of the health bonus. For 1,000 bonus points, you receive a health bonus worth 30 euros. The bonus increases by 2.50 euros for each additional 100 points.

Bonus model two: TK health dividend

It pays off to do even more for your health. Take advantage of the TK health dividend. With 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 services with the TK health dividend. The health dividend is valid for three years – after that it expires.

The TK health dividend of children and adolescents only expires three years after reaching the age of 18. Any remaining residual amounts may not be paid out.

You can use the TK health dividend for the following services:

- Acupuncture
- Anthroposophic remedies (e.g. eurhythmia therapy)
- Spectacle lenses and contact lenses
- Expanded dental services (e.g. fissure sealing, functional analysis)
- Fitness measurement equipment
- Health courses (including online offers)
- Midwife-led services: (childbirth classes for partners, pre-birth acupuncture and on-call service)
- Benefits according to the Hufeland catalogue
- Membership in the sports club or 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
- Sports events (entry or participation fees)
- Check-ups and early detection screenings (e.g. ultrasound for early detection of cancer)
- Dentures and crowns
- Additional benefits in case of pregnancy
- Supplementary insurance with our cooperation partner, Envivas Krankenversicherung AG

It is important that the service does not take place before the bonus period for which you chose the TK health dividend as bonus for the first time. Simply submit the invoice. We will then reimburse you for the maximum amount of the available costs.

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

Find out more

For more information, visit our website: www.tk.de, **Website code 140656**³.

The provisions of the TK Statutes apply to the bonus plan. You can find them on our home page: www.tk.de, **Webcode 149038**⁴.

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