

AOK PLUS Bonusprogramm

Information leaflet

Sports and exercise



Sports activities
100 points per activity
Requirements:

18.000

- 10,000 steps a day or
- Heart rate of at least 120 within a time range of 30 minutes or
- 150 kcal within a time range of 30 minutes

Exclusively via the AOK Bonus-App!

Sporting event

500

Sports badge

500

Membership in a sports club, gym or purchase of a fitness tracker

3.000

Preventive healthcare



Vaccinations
(diphtheria/tetanus)

500

Preventive dentistry or professional teeth cleaning

500

Check-up 35 or skin cancer screening

500

Cancer screening

500

Prenatal care

500

Smoking cessation course

500

Sports medical examination

500

Physical fitness examination for occupational purposes

500

Preventive medical check-ups for adolescents (J2)

500

Social engagement



Blood or plasma donation

2.000

Bone marrow typing

2.000

First aid course

2.000

 bonus points

100 bonus points = 1 EURO

Three ways of participating in the AOK PLUS Bonusprogramm

1.

AOK Bonus-App

Our recommendation

2.

Online branch

3.

Bonus booklet



1.

Participating via the AOK Bonus-App

Why choose the AOK Bonus-App?

- Get up to 180 EUR for sports activities
- Easily account for activities through tracking or photo upload
- Use special offers with cooperating partners in the sports and healthcare sectors
- Administer your contribution rate digitally
- All data is encrypted and secured by password, ensuring secure use of data



This is how it works

Participation requires registration at our online branch at plus.meine.aok.de

1. Download the free AOK Bonus-App in the App Store or Google Play Store
2. Register for the AOK PLUS Bonusprogramm directly in the AOK Bonus-App

Note: a smartphone with Android or Apple operating system is required

2.

Participating via the online branch

Why choose the online branch?

- Easily account for activities through photo upload
- Use special offers with cooperating partners in the sports and healthcare sectors
- Administer your contribution rate digitally
- All data is encrypted and secured by password ensuring secure use of data



This is how it works

1. Register at our online branch at plus.meine.aok.de
2. Register for the AOK PLUS Bonusprogramm under the heading »My membership«

3.

Participating with the AOK bonus booklet

This is how it works

1. Download the registration form at plus.aok.de/inhalt/bonusprogramm or order for free by phone 0800 1059000
2. Register by filling in the form once and handing it in at your AOK PLUS branch before the 31 December of the first year of participation. The bonus booklet will be sent to you by post.

What else you need to know:

- Participation is open to all members over 15.
- No retrospective registration. Participation starts at the earliest with the online registration or on the day the written application form is received at AOK PLUS.
- Please submit any proof electronically or by means of the bonus booklet by the 31 March of the following year.
- We will pay out your bonus from 3,000 bonus points. Bonus points may also be transferred to the following year.
- The AOK PLUS Bonusprogramm cannot be combined with the optional contribution rates »AOK PLUS active« and »AOK PLUS pro junior« within one calendar year. This also applies to the »employee health bonus« insofar as the latter started before 1 January 2017.
- You may cancel with effect from the end of the year, in writing or electronically.