



ÄR GESONDHEETSMUTUELLE
ZANTER 1956

JANUARY 2024



THE BENEFITS OF THE CMCM



Welcome



The CMCM is always with you wherever you go. Whether you are young or not so young, in perfect health or not, at home in Luxembourg or abroad, the CMCM is by your side.

In the event of an accident, sudden illness or to cover your dental or visual care needs, the CMCM has designed offers to give you peace of mind throughout the year!

We do not exclude anyone because of their age or medical situation, and we do not require any kind of medical examination or entry questionnaire. What's more, the CMCM offers the same benefits to its members' family at no additional fee. And all singles under the age of 30 automatically receive a 10% discount on all benefits.

Together, everything is easier!

Your benefits are everyone's benefits!

Fabio SECCI
CEO



© Eric Devillet

our 10 *commitments*



1

We operate on the principle of solidarity.

2

Everyone is welcome. No member will be excluded based on age or state of health.

3

New members will never be required to fill out a medical survey in order to be admitted.

4

The new member's family will be admitted as comembers at no additional cost.

5

We will reinvest any surplus funds for the creation of new benefits or the improvement of existing benefits.

6

We will ensure that our benefits cover real medical needs.

7

The CMCM is a responsible health mutual with a strong commitment to community projects.

8

We will continue to develop innovative ways of communicating with our members to make their lives easier.

9

For us, health care is essential. We are committed to consistently promoting services that cover preventative costs.

10

Serving our members and their families is our purpose.

gesondbleiwen. cmcm.lu

●

We are committed to providing services that cover real medical needs and believe in the importance of prevention. This is why we have created the gesondbleiwen.cmcm.lu page, where you'll find our Gesondheet! vlog, the #BeWell podcast, and easy-to-follow recipes for cooking at home.

Our experts in nutrition, diet, sleep, relaxation, sport, alternative medicine and meditation offer their recommendations, advice and tips to help you stay healthy.

gesondheet! 
DE VLOG MAT DER CMCM



**Be
Well**

De gesunde Podcast mam
Sarah Cattani





Summary

Founded in 1956, we are currently the No. 1 health mutual in Luxembourg, with 280.000 members. We operate on the principle of solidarity, and serving our members and their families is our purpose. Our services are organised as follows:



THE BASIC PACKAGE

 RÉGIME COMMUN	10
---	----

OPTIONAL GUARANTEES

 PRESTAPLUS	18
--	----

 PRESTAPLUS and DENTA & OPTIPLUS	22
---	----

Contacts	26
----------	----

RÉGIME COMMUN

The basic package



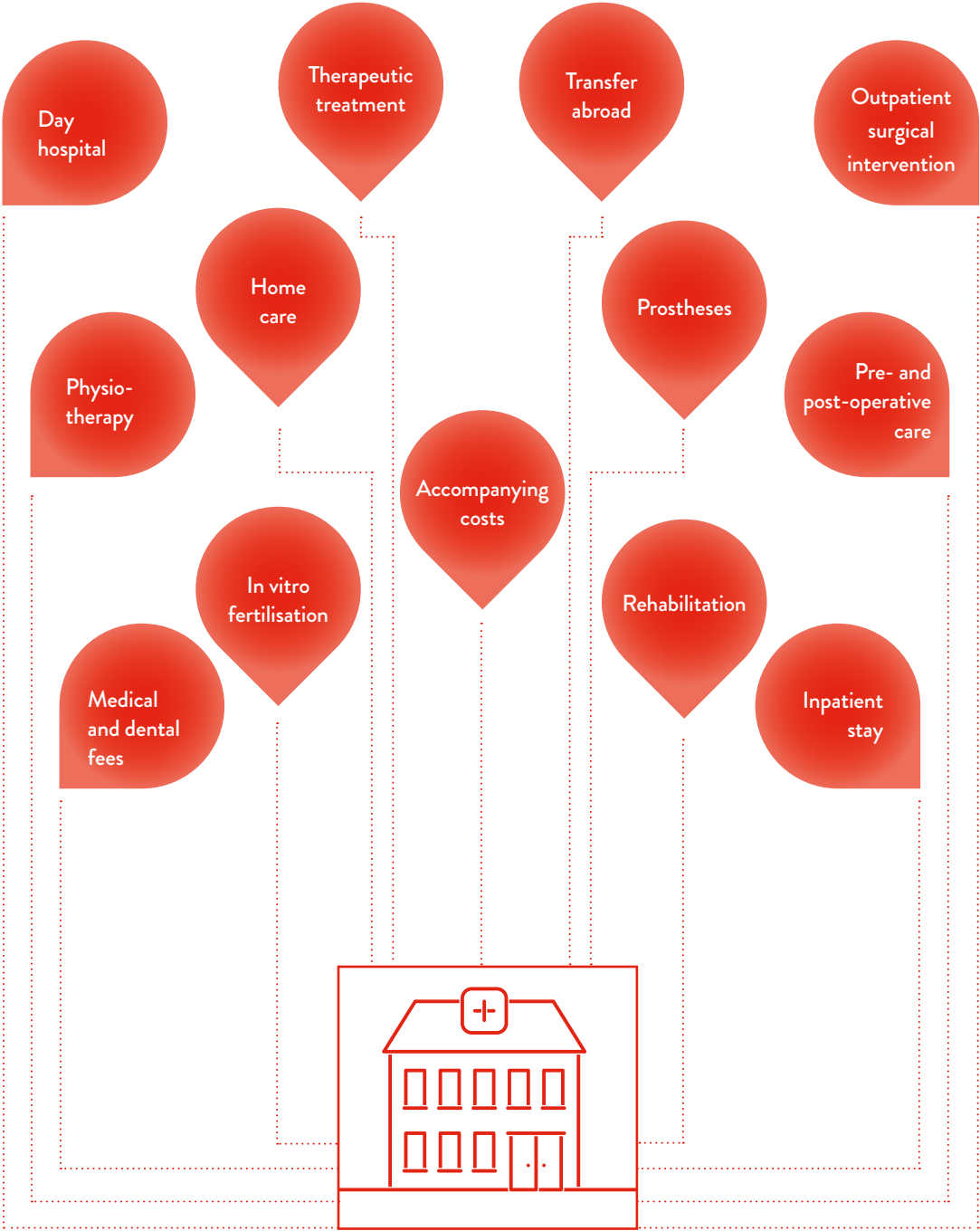
The RÉGIME COMMUN is our basic package. It covers the most common, vital services, such as surgery, hospital stays, medical and dental fees, as well as, for example, consultations with a physiotherapist, osteopath, or chiropractor.

In addition, this package includes 24/7 worldwide medical assistance and holiday cancellation coverage.

Here you will find a non-exhaustive list of the services included in our basic package, the RÉGIME COMMUN.

HOSPITALISATION

benefits





Good to know

With **PRESTAPLUS**, the costs of a first-class room (if available) are covered, regardless of the type of stay or intervention.

More details on p. 18

Hospitalisation and medical fees **IN LUXEMBOURG**

Whether it's for an **outpatient procedure**, a **hospital stay** or a **day hospital**, the CMCM covers additional costs that are not covered by the Caisse Nationale de Santé. This includes hospitalisation costs as well as medical and dental fees.

In the event of serious medical treatment or surgery, this package even covers the additional costs for a first-class room.

ACCOMPANYING COSTS

Here are some examples of covered expenses / benefits:

- Serious surgery or serious medical treatment
- Hospitalisation of a child under 18
- Hospitalisation of family member at the end of their life
- Childbirth

IN VITRO FERTILISATION TREATMENT

The CMCM will contribute to medical and other related costs up to a maximum of €650 per session, regardless of the technique used.

PROSTHESES

The CMCM contributes to the cost of **internal and external prostheses** up to a maximum of €600. Following chemotherapy or radiotherapy, or in cases of Alopecia Areata, the cost of a **wig** authorized by the member's health insurance is also covered up to a maximum of €200.

The CMCM also reimburses the costs of **hearing aids** authorised by the member's health insurance up to a maximum of €200 per device.

POST-OPERATIVE CARE

The CMCM contributes to the costs of re-education and functional **rehabilitation** in a specialised centre.

It will also reimburse any costs for **medicine** and **physiotherapy** that are not covered by the member's health insurance.

The CMCM will also cover any **home care** costs that are not already covered by health insurance.

CURES - APPROVED BY THE MEMBER'S HEALTH INSURANCE

Our contribution

- Following **surgery or serious medical intervention**: The CMCM will cover the costs of approved cures that are not already covered by the member's health insurance.
- **Treatment for pathological obesity**: The CMCM will cover the outstanding costs of one treatment per member.
- Follow-up treatment after **bariatric surgery**: The CMCM will cover the outstanding costs up to 20% of the official rate of Luxembourg Social Security.

Transfer to a **SPECIALIST ABROAD**

In the event of a transfer abroad, our members have two options for reimbursement:

Third-party reimbursement – In medical establishments approved by the CMCM in France, Germany and Belgium, we offer direct handling of costs for investigation, medical intervention, operations, hospitalisation and other related costs.

Member reimbursement – For hospital establishments not covered by the CMCM, the costs of medical and surgical treatment must be paid by members themselves. The member will then be reimbursed by the CMCM. Services covered by this method include hospitalisation costs, medical fees and other related costs.





Good to know

PRESTAPLUS includes additional benefits, such as a first-class room, regardless of the type of operation, and higher reimbursements for consultations by a certified osteopath, chiropractor or cardiologist.

More details on p. 18

PREVENTIVE *medicine*

ORTHOPAEDIC FOOTWEAR

If authorised by health insurance: reimbursement up to a maximum of €100.

MEDICAL ANALYSES & VACCINATIONS

Coverage of certain costs for the following tests and vaccinations:

- maternal blood test for the prenatal detection of foetal aneuploidy (Trisomies 13, 18, 21);
- maternal blood test for foetal RHD genotyping;
- Omega 3 index calculation for assessing cardiovascular risk;
- Lp-PLA2 for assessing cardiovascular risk;
- iFOBT blood test (immunological screening for colorectal cancer);
- vaccination against Hepatitis A or B.
- toxoplasmosis screening during pregnancy

DIETETIC TREATMENT

CMCM contributes towards the remaining costs of dietician consultations, duly authorised by the health insurance scheme, up to a maximum of €100 per calendar year.

CONSULTATIONS BY CERTIFIED OSTEOPATH OR CHIROPRACTOR

Reimbursement up to a maximum of €50 per calendar year, per practitioner.

CARDIOLOGY - PHYSICAL PERFORMANCE TEST :

The CMCM will contribute to the cost of a physical performance test authorised by the member's health insurance up to a maximum of €15 per calendar year.

DENTAL *care*

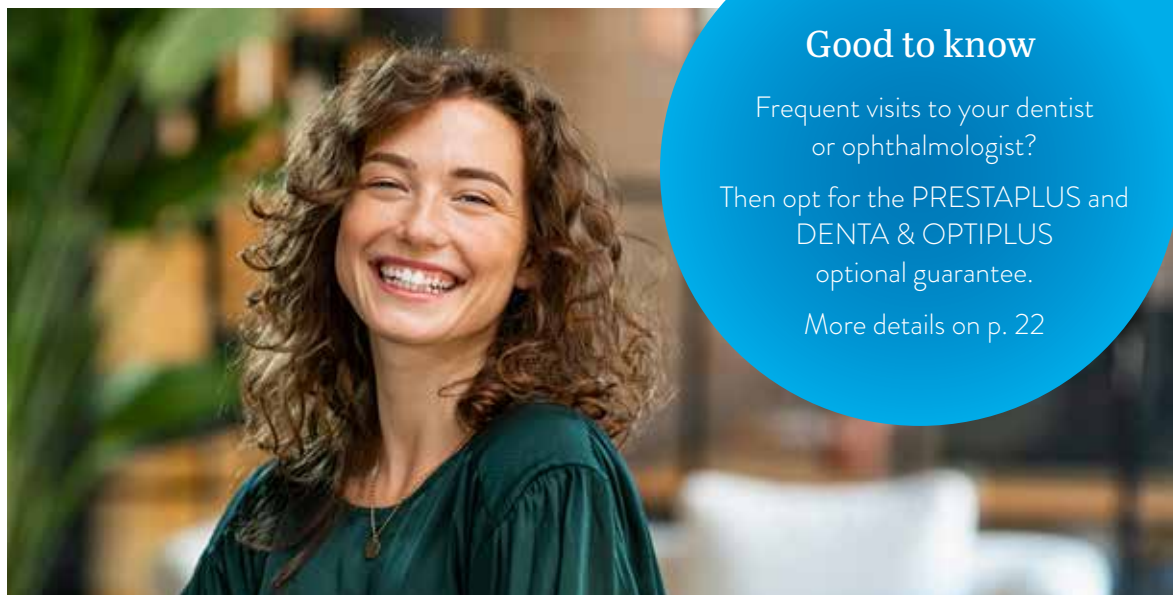
The CMCM offers reimbursement for the costs of certain medical-dental treatments that are not already covered by the member's health insurance up to 100% of the official rate. These treatments include:

- Dental extractions and surgery
- Local and regional anaesthesia
- Scaling
- Orthodontics for children under 17

Flat-rate contribution

The CMCM offers flat-rate contributions for:

- Crowns
- Implants
- Removable prostheses



Good to know

Frequent visits to your dentist
or ophthalmologist?

Then opt for the PRESTAPLUS and
DENTA & OPTIPLUS
optional guarantee.

More details on p. 22





24/7 medical assistance AROUND THE WORLD

AUTOMATICALLY INCLUDED IN THE BASIC PACKAGE

With the basic package, each member automatically benefits from 24/7 worldwide medical assistance, which can be used in the event of sudden illness or accident while travelling abroad.

Included:

- **Hospitalisation costs** up to €100.000 per member/incident;
- **Unlimited repatriation** by the most appropriate means and coverage of costs;
- In the event of an **emergency advice** abroad, coverage of any costs not already covered by the member's health insurance up to a maximum of €2.500 per member/year;
- **Unlimited coverage of transport by ambulance, helicopter or medical aircraft** and emergency response, including in ski areas and other difficult-to-access locations;
- In the **event of a member's death**, all formalities and costs related to the transport of the body to its final resting place in the Grand Duchy of Luxembourg or in a neighbouring country, are covered. In the event of the death of a loved one, the CMCM provides members travelling abroad with a train or plane ticket to attend the funeral.



NEED TO CANCEL YOUR TRIP?

If a member has to cancel a trip due to a significant medical reason, the CMCM will help reimburse the costs up to a maximum of €1.500 per member/trip, with no annual limit.

Our partners:



For travel cancellation protection, we partner with Baloise Assurances.



For repatriation, we partner with IMA Group.

PRESTAPLUS

Optional guarantee



With the optional guarantee **PRESTAPLUS**, the costs of a first-class room are always covered in the event of hospitalisation, regardless of the type of operation.

You will also benefit from higher reimbursements for osteopathic and chiropractic treatment.

Be sure to check out the CMCM's exclusive services offered via partners such as the Domaine Thermal Mondorf and the Gesondheets-Zentrum.



Benefit from a first-class room during childbirth **AND ADDITIONAL PREVENTATIVE SERVICES.**

Overview of benefits:

COVERAGE OF HOSPITALISATION AND MEDICAL FEES IN FIRST CLASS

PRESTAPLUS contributes to the costs of hospital stays and medical fees in first class in the following cases:

- Minor or medium surgery
- Childbirth
- Hospitalisation without surgery

LIPOEDEMA STAGE II

The CMCM covers the costs of surgery for lipoedema stage II up to a maximum of €1.000 per calendar year.

COSTS OF AMBULANCE TRANSPORT IN LUXEMBOURG

- **If authorised by the member's health insurance:**
The costs are covered up to 30% of the official rate (maximum €150/year)
- **If not authorised by the member's health insurance:**
The costs of one transport per year are covered (maximum €75).

Costs of **PREVENTIVE MEDICINE**

ORTHOPAEDIC SOLES

If authorised by the member's health insurance: reimbursement up to €50/year.

CONSULTATIONS BY A CERTIFIED OSTEOPATH OR CHIROPRACTOR

Reimbursement up to €100 per calendar year, per practitioner (€50 via the RÉGIME COMMUN and €50 via PRESTAPLUS).

CARDIOLOGY - PHYSICAL PERFORMANCE TEST :

The CMCM contributes to the cost of a physical performance test authorised by the member's health insurance up to a maximum of €25 per calendar year (€15 via the RÉGIME COMMUN and €10 via PRESTAPLUS).

PSYCHOLOGICAL SUPPORT

The CMCM offers partial coverage of psychological support for children under 18.



Exclusive **PARTNER SERVICES**

The DAVID HEALTH concept at Domaine Thermal Mondorf. Back, Neck and Shoulders.

The CMCM will cover any outstanding costs for active rehabilitation for chronic back, neck or shoulder pain provided that the member completes all 24 sessions in the DAVID HEALTH basic programme.

Mondorf plus

CMCM members benefit from a special rate for the Sport-Med programme offered by the Domaine Thermal de Mondorf.

Protea

Contribution of €2.000 per member for the PROTEA therapeutic outpatient programme for emotional exhaustion developed and offered by the Gesundheits-Zentrum of the Robert Schuman Hospital Foundation.

Long Covid cure

The CMCM covers the uncovered costs of a cure to treat the persistent symptoms of COVID-19 offered by the Domaine Thermal Mondorf, duly authorised by the health insurance company.

For more details and conditions on our services, please refer to our statutes, which are the only authoritative document. You will find the brochure Statutes on our website cmcm.lu, under "publications".



PRESTAPLUS AND DENTA & OPTIPLUS

Optional guarantee



Do you visit your dentist and/or
ophthalmologist often?
Then this optional guarantee is for you.

In addition to the benefits offered
by the RÉGIME COMMUN and
PRESTAPLUS, this optional guarantee
includes benefits for dental
and optical care.

DENTAL care

Coverage of dental care up to an annual limit of €1.000 per member.

The CMCM contributes to the costs of:

- Composite fillings (€125 per year/member);
- Pulpectomy treatment (€75 per year/member);
- Periodontal treatment (€500 per year/member);
- Other dental care (€100 per year/member).

ORTHODONTICS

Here are some examples of orthodontic coverage:

- **Orthodontics >17 years**
One-time payment of €2.000 per member for orthodontic treatment.
- **Orthodontics <17 years**
Orthodontic coverage for procedures DT41 - DT45 up to a maximum of €500 per child.



SERVICES		REIMBURSEMENT		
Act code	Billed Amount	CNS	RÉGIME COMMUN	PRESTAPLUS and DENTA & OPTIPLUS
DT41	€1.270	€495.20	€99.04	€500
DT42	€1.265	€494.90	€98.98	€500
DT43	€1.415	€622.20	€124.44	€500
DT44	€1.340	€560.80	€112.16	€500
DT45	€1.340	€560.50	€112.10	€500
	€6.630	€2.733.60	€546.72	€2.500

EXAMPLE:
Total CMCM reimbursement per child (RÉGIME COMMUN + PRESTAPLUS and DENTA & OPTIPLUS):
€546.72 + €2.500 = €3.046.72

DENTAL PROSTHESES

Coverage of dental prostheses up to an annual maximum of €3.000 per member.

FIXED DENTAL PROSTHESES

Crown, pivot tooth, bridge element, telescopic crown €400

Inlay, reconstitution on inlay-pivot, hinge €150

REMOVABLE DENTAL PROSTHESES

Metal skeletal base €400

Resin base plate, reinforced or cast €150



Hook, attachment €100

DENTAL IMPLANTS

Coverage of dental implants up to €400 per implant, with an annual maximum of €1.600 per member.



For more details and conditions on our services, please refer to our statutes, which are the only authoritative document. You will find the brochure Statutes on our website cmcm.lu, under Publications.

SERVICES			REIMBURSEMENT		
Act	Number	Billed amount	CNS	RÉGIME COMMUN	PRESTAPLUS and DENTA & OPTIPLUS
Implants	2	€1.900	-	 €300	 €800

EXAMPLE:
 Total CCM reimbursement (RÉGIME COMMUN + PRESTAPLUS and DENTA & OPTIPLUS)
€300 + €800 = €1.100



OPTICAL *care*

CORRECTIVE GLASSES

Contribution to the cost of corrective glasses up to an annual maximum of €150 per member.

FRAMES

Contribution to the cost of frames up to a maximum of €30 per calendar year.

CONTACT LENSES

Contribution to the cost of contact lenses up to an annual maximum of €150 per member.

REFRACTIVE SURGERY

Contribution to the costs of refractive surgery not already covered by the member's health insurance up to a maximum of €1.000 per eye.

Health COMES TO YOU

Following the success of “CMCM on tour”, we have decided to expand our service by introducing the “mobile office”.

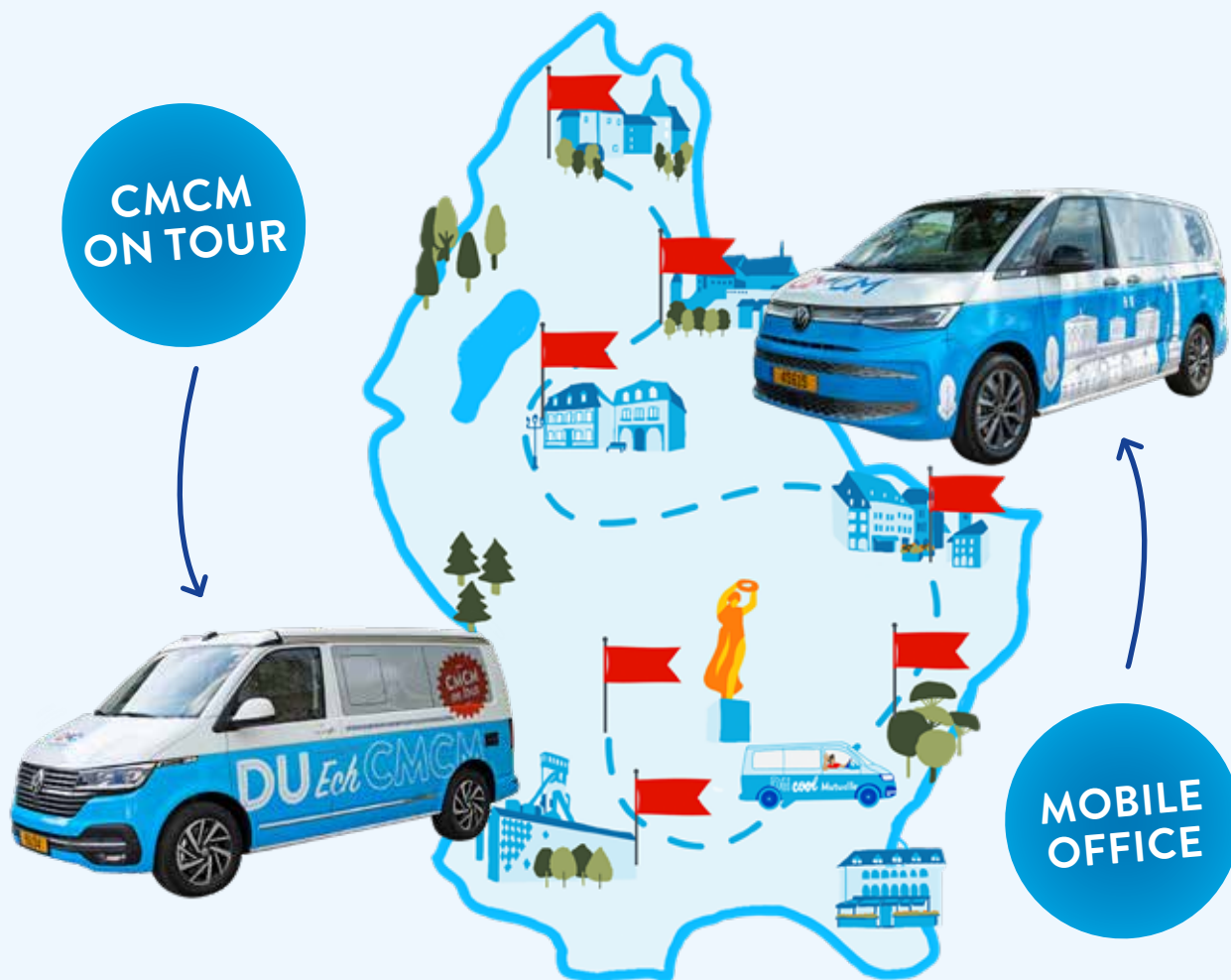
With the “CMCM on tour”, you can still meet our teams at some markets in the municipality, in the car parks of shopping centres, at braderies and other events.

To find out where you can meet us, simply visit our website ontour.cmcm.lu.

With the “mobile office”, we have added the formula of a presence in a fixed place and at a fixed time, the details of which you can find here:

- Tuesday: Redange sur Attert, next to the sports hall.
- Wednesday: Echternach, at the parking area A Kack.
- Thursday: Dudelange, in front of the town hall
- Friday: Clervaux, next to the Bouvier fountain

Whether “CMCM on tour” or “mobile office”, the CMCM is there to answer all your questions about our services.



Our services AT A GLANCE



Here are our different optional guarantees:

**RÉGIME COMMUN (RC)
RC + PRESTAPLUS (PP)
RC + PP +
DENTA & OPTIPLUS**



RC + PP + DENTA & OPTIPLUS

OPTICAL CARE

- Corrective glasses
- Frames
- Contact lenses
- Refractive surgery

DENTAL CARE

- Dental extractions
- Scaling
- Orthodontics for children and adults
- Local and regional anaesthesia
- Splint / cap
- Crown
- Inlay, Onlay, Overlay, Filling
- Dental implants
- Composite filling
- Periodontal treatment
- Pulpectomy treatment



RC + PRESTAPLUS

- Osteopathy and chiropractic
- Hospitalisation in a 1st class room
- Costs for ambulance transport
- Lipœdema stage II
- Orthopaedic soles
- Psychological support <18 years
- Cardiology
- David Health Mondorf (rehabilitation back, shoulders & neck)
- Weight loss program « SportMed » Mondorf
- Treatment program for emotional exhaustion « PROTEA »
- "Long-Covid" cure Mondorf



- Osteopathy and chiropractic
- Hospitalisation in a 1st class room
- Costs for ambulance transport
- Lipœdema stage II
- Orthopaedic soles
- Psychological support <18 years
- Cardiology
- David Health Mondorf (rehabilitation back, shoulders & neck)
- Weight loss program « SportMed » Mondorf
- Treatment program for emotional exhaustion « PROTEA »
- "Long-Covid" cure Mondorf



RÉGIME COMMUN

- Hospital costs in Luxembourg and abroad
- Costs for referral to a specialist abroad
- Accompanying costs
- Medical and medical-dental fees
- Rehabilitation & physiotherapy (pre-and postoperative)
- Home care
- Osteopathy and chiropractic
- Orthopaedic footwear
- Cardiology
- Internal and external prostheses
- Cures
- In vitro fertilisation treatment
- Medical analysis & vaccinations
- 24/7 assistance around the world
- Emergency advice
- Medical transport by ambulance or helicopter
- Helicopter rescue abroad
- Repatriation by air ambulance
- Travel cancellation protection
- Dietetic treatment

- Hospital costs in Luxembourg and abroad
- Costs for referral to a specialist abroad
- Accompanying costs
- Medical and medical-dental fees
- Rehabilitation & physiotherapy (pre-and postoperative)
- Home care
- Osteopathy and chiropractic
- Orthopaedic footwear
- Cardiology
- Internal and external prostheses
- Cures
- In vitro fertilisation treatment
- Medical analysis & vaccinations
- 24/7 assistance around the world
- Emergency advice
- Medical transport by ambulance or helicopter
- Helicopter rescue abroad
- Repatriation by air ambulance
- Travel cancellation protection
- Dietetic treatment



- Hospital costs in Luxembourg and abroad
- Costs for referral to a specialist abroad
- Accompanying costs
- Medical and medical-dental fees
- Rehabilitation & physiotherapy (pre-and postoperative)
- Home care
- Osteopathy and chiropractic
- Orthopaedic footwear
- Cardiology
- Internal and external prostheses
- Cures
- In vitro fertilisation treatment
- Medical analysis & vaccinations
- 24/7 assistance around the world
- Emergency advice
- Medical transport by ambulance or helicopter
- Helicopter rescue abroad
- Repatriation by air ambulance
- Travel cancellation protection
- Dietetic treatment

CONTACT INFORMATION

MEMBERSHIP DEPARTMENT +352 49 94 45 - 300
Email: affiliation@cmcm.lu

NATIONAL DEPARTMENT +352 49 94 45 - 500
Email: national@cmcm.lu

DENTAL DEPARTMENT +352 49 94 45 - 600
Email: dentaire@cmcm.lu

FOREIGN DEPARTMENT +352 49 94 45 - 700
Email: etranger@cmcm.lu

CMCM-ASSISTANCE +352 44 44 44
24/7

THE CMCM App

What are the advantages of the CMCM App?

Thanks to the CMCM App, you no longer need to **send us your invoices** by email or post, but you can now do so easily, **directly and securely via your smartphone.**

This also applies to other requests and certificates.

In addition, you also have an **overview of the reimbursements already made**, as well as the claims submitted and processed.

A further advantage is the access to the **list of pharmacies on duty** and the possibility to **contact the CMCM directly in case of emergencies abroad.**

How can I download the CMCM App on my smartphone?

You can download the CMCM App free of charge, via the App Store or Google Play, or simply scan this QR Code.

Note: For Android phones, version 8.0 and up is supported.





For more details on our benefits and conditions, please consult our Statutes 2024 brochure. They only are authentic and binding and can be found on www.cmcm.lu, under “publications”, or by scanning this QR Code.





014.0623042



ÄR GESONDHEETSMUTUELLE
ZANTER 1956

Postal Address
L-2971 Luxembourg

Luxembourg-Gare Office
32-34, rue de Hollerich

Tel. 49 94 45-1
national@cmcm.lu

More information at www.cmcm.lu

cmcm_luxembourg @cmcm_lu cmcm_lu CMCM Luxembourg CMCM-App

MIR SINN DO. FIR JIDDEREEN.