

## METTNAU

Medical rehabilitation facilities of the town of Radolfzell  
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D-78315 Radolfzell am Bodensee

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info@mettnau.com · www.mettnau.com



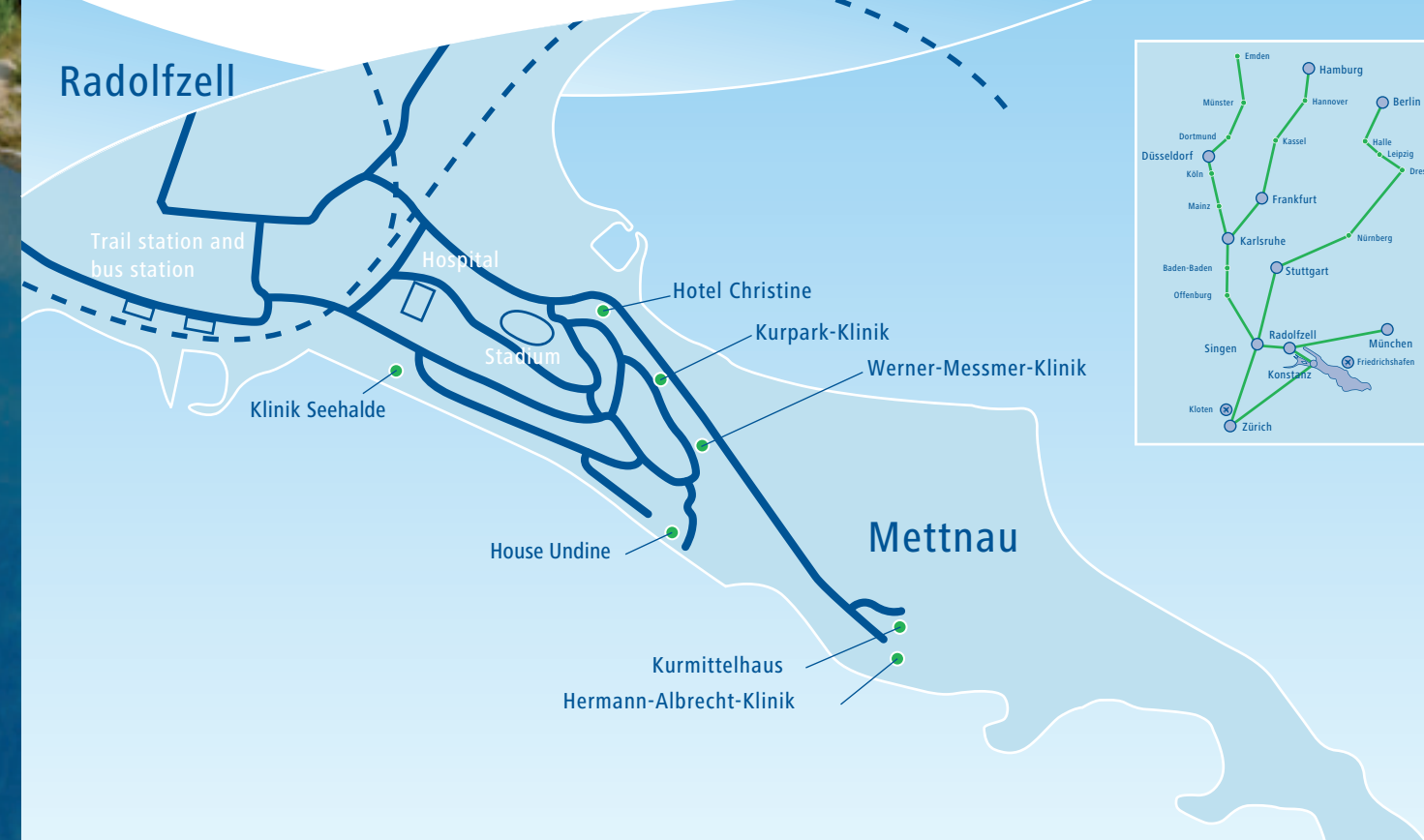
### Reservation requests

Phone +49 7732 151-810  
reservierung@mettnau.com

We are partners in the quality association  
health - together for the best rehabilitation.



**QUALITÄTSVERBUND GESUNDHEIT**  
Gemeinsam für die beste Reha



METTNAU 11/16 cover picture: Achim Wende



# MOVEMENT IS LIFE

## Prices and Offers 2017





## Movement is life

Arrive, stop, find yourself, rediscover your own resources and reactivate them.

Located on the Mettnau peninsula in Lake Constance near Radolfzell, in one of the most beautiful cultivated landscapes of Europe, there is one of the most important and most traditional centres for movement therapy in Germany – METTNAU.

„Healing by movement“ – based on this claim, an ambitious medical project started at the heart of Europe more than 55 years ago. The principle and today’s motto „Movement is





life“ takes the increasing importance of physical activity for prevention into consideration and is the successful basis for a balanced concept based on the interaction of physical activity, relaxation, mental balance and healthy nutrition.

Choose your accommodation in one of our four houses according to your own wishes or book one of our attractive health programmes.



## Icons





## Room equipment

	shower		internet
	bathtub		TV
	balcony		minibar (no alcohol)
	phone		hair-dryer

## Building equipment

	sauna		coffee and beverage vending machine
	swimming pool		parking place
	sunbathing lawn with deck chairs		underground parking
	direct lake access		

## Colour code exemplary

	available and free of charge		available subject to additional charges
	available and free of charge in other building		not available

## Abbreviations

<b>DR</b>	Double room
<b>SR</b>	Single room
<b>Season 1</b>	March to October
<b>Season 2</b>	January and February, November and December
<b>one week</b>	7 nights
<b>two weeks</b>	14 nights
<b>ext. week</b>	extension week with 7 nights
<b>four days</b>	3 nights
<b>ext. day</b>	extension day with 1 night



# You will find

## Accommodation prices for self-payers | Page 4

You can choose your accommodation and room category in one of our houses according to your own wishes. Our accommodation prices include full board and further services as you can see in the description of the respective accommodation.

## Medical prices and services | Page 12

Doctor's, psychologists', diagnosis and lab services as well as nutrition counselling are invoiced according to the current fee rules for doctors/fee rules for psychotherapists.

## Therapy prices | Page 13

Your individual therapy plan is made up of the components of medicine and diagnosis, movement, relaxation, therapeutic exercise, massages, and further therapy applications. The individual applications can be put together individually and as needed together with your doctor.

## Health programmes | Page 15

Choose from between eight attractive offers in our health programmes. From our programme [Fit and Relaxed](#), specifically for the winter time, via our popular classics, such as [Fitness Classic](#), to active regeneration and preventive weeks with [Sports-medicine Diagnosis](#) or our programme [Activity against Stress](#), our health programmes offer different focuses and service contents.

## Partner/ Visitor prices | Page 23

Your visitors are able to book a single room, a bed in a double room or a cot including full board.

## Prices for out-patient guests | Page 24

As an out-patient guest, you may also make use of our medical and therapeutic services.

## Important information and notes | Page 26

For in- and out-patient guests.



Please observe the tab on the last page with further information and explanations on our icons and abbreviations!

# Kurpark-Klinik

Kurpark-Klinik is a wide-spread bungalow-like facility in the park area with several branches housing 73 rooms. The gym, sauna and a cafeteria are in the building.



## Rooms

\*



## House



Our prices apply  
per person and day

### Kurpark-Klinik

	Season 1 incl. full board	Season 2 incl. full board
Single room <a href="#">Comfort</a>	108 €	90 €
Single room <a href="#">Comfort Plus</a>	115 €	97 €
Double room <a href="#">Comfort Plus</a>	108 €	90 €
Single use	155 €	130 €

### House Undine, Hotel Christine

Single room <a href="#">Comfort</a> (only House Undine)	108 €	90 €
Single room <a href="#">Comfort Plus</a>	115 €	97 €
Double room <a href="#">Comfort Plus</a>	108 €	90 €
Single use	155 €	130 €

Season 1: March to October

Season 2: January and February,  
November and December

Your **Plus** in the room category [Comfort Plus](#):

- Room facing the Kurpark-Klinik garden
- View of the lake and balcony in the House Undine

### Your free **services**

- VHB guest ticket (entitles you to using the local public transport network)
- Collection service at arrival and departure (station forecourt)
- Deck chairs
- Water dispenser
- Free-of-charge Internet service pages (at the public terminals)
- Using the Kurpark-Klinik weight room
- Using the saunas in Kurpark-Klinik and in the Kurmittelhaus of the Hermann-Albrecht-Klinik
- Using the tennis court on the therapy premises of the Hermann-Albrecht-Klinik
- Using the sunbathing lawn and lake access with rowing boats on the therapy premises of the Hermann-Albrecht-Klinik

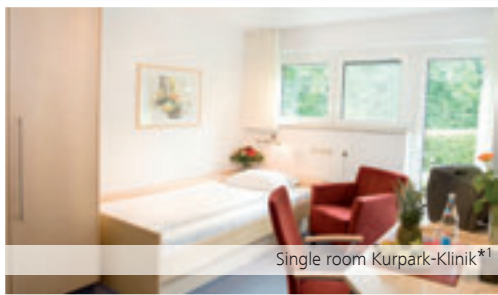
Your **additional services**,  
charged as incurred

- Phone
- WLAN in your room (partially)
- WLAN in the lobby/cafe/terrace
- Bathrobe for rent
- Hair-dryer sales
- Washing machine and dryer
- Bicycle garage
- Large selection of coffee/tea and cold drinks in the cafeteria or at the reception desk





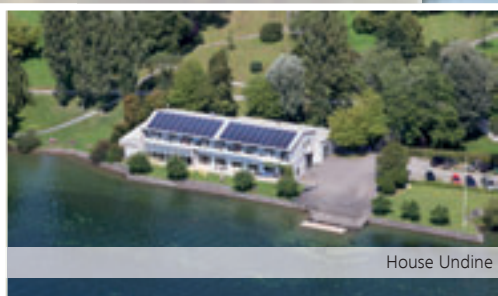
Double room Kurpark-Klinik\*<sup>1</sup>



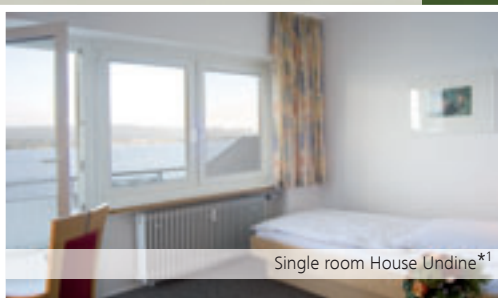
Single room Kurpark-Klinik\*<sup>1</sup>



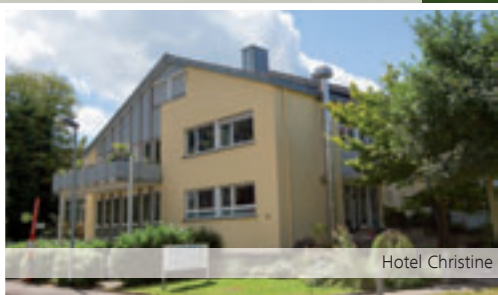
Rowing on Lake Constance



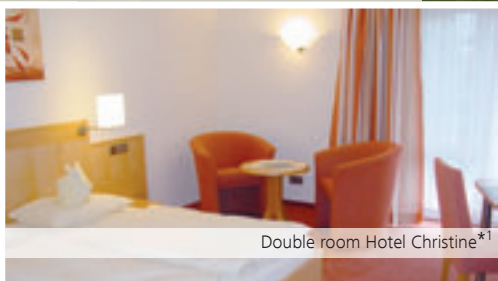
House Undine



Single room House Undine\*<sup>1</sup>



Hotel Christine



Double room Hotel Christine\*<sup>1</sup>

### Kurpark-Klinik

Strandbadstraße 72

### House Undine

Istres-Promenade 16

### Hotel Christine

Strandbadstraße 62

D-78315 Radolfzell am Bodensee

Booking

+49 7732 151-810

Email

reservierung@mettnau.com

# Werner-Messmer-Klinik

Werner-Messmer-Klinik with side building B (Café Schmid) has 214 rooms and supports guests and patients in the scope of prevention and cardiology follow-up treatments or follow-up rehabilitation (Anschlussheilbehandlung; AHB or Anschlussrehabilitation; AR). The therapeutic facilities of the clinic, such as the gym and swimming pool, treatment rooms, as well as restaurant and cafeteria, are all under one roof.



## Rooms

\*



## House



Our prices apply  
per person and day

### Werner-Messmer-Klinik

	Season 1 incl. full board	Season 2 incl. full board
Single room <a href="#">Comfort</a>	125 €	108 €
Single room <a href="#">Comfort Plus</a>	133 €	113 €
Double room <a href="#">Comfort Plus</a>	118 €	103 €
Single use	185 €	158 €

Season 1: March to October

Season 2: January and February,  
November and December

The prices for follow-up rehabilitation are listed in the current leaflet.

Your **Plus** in the room category [Comfort Plus](#):

- Larger rooms for more comfort

### Your free **services**

- VHB guest ticket (entitles you to using the local public transport network)
- Collection service at arrival and departure (station forecourt)
- Deck chairs
- Water dispenser
- Free-of-charge Internet service pages (at the public terminals)
- Using the tennis court on the therapy premises of the Hermann-Albrecht-Klinik
- Using the sunbathing lawn and lake access with rowing boats on the therapy premises of the Hermann-Albrecht-Klinik
- Using the saunas in Kurpark-Klinik and in the Kurmittelhaus of the Hermann-Albrecht-Klinik
- Using the Kurpark-Klinik weight room

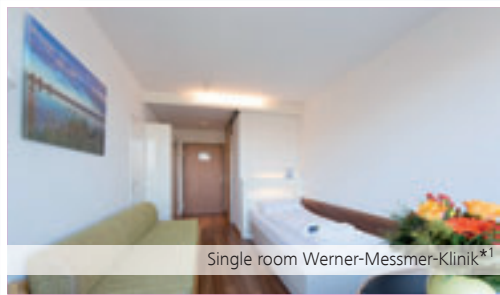
### Your **additional services**, charged as incurred

- Phone
- Internet in your room (LAN connection)
- WLAN in the lobby, cafeteria and House B
- Bathrobe for rent
- Hair-dryer sales
- Washing machine and dryer
- Underground parking for cars
- Bicycle garage
- All-day large selection of coffee and tea in the cafeteria/beverage vending machine

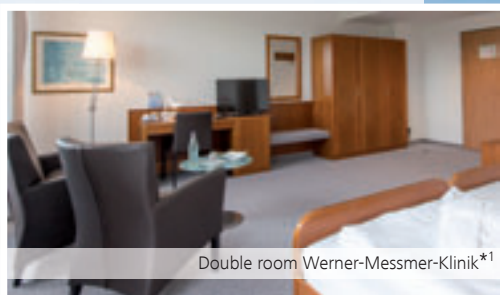




Werner-Messmer-Klinik



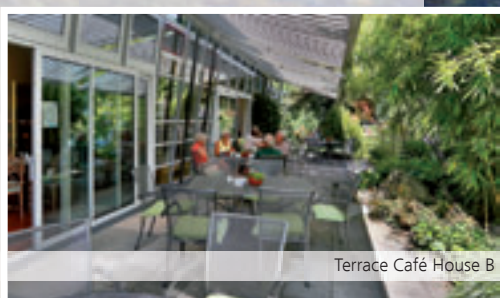
Single room Werner-Messmer-Klinik\*<sup>1</sup>



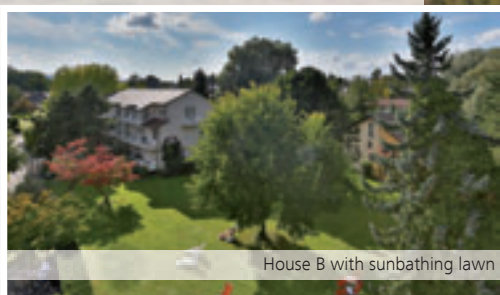
Double room Werner-Messmer-Klinik\*<sup>1</sup>



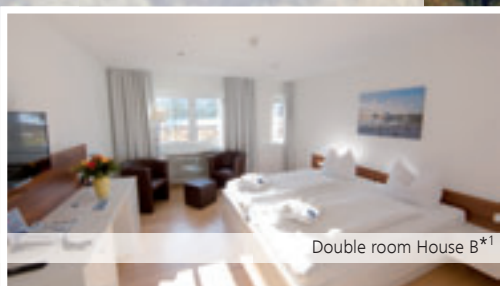
Foyer Werner-Messmer-Klinik



Terrace Café House B



House B with sunbathing lawn



Double room House B\*<sup>1</sup>

Strandbadstraße 80  
D-78315 Radolfzell am Bodensee  
Booking +49 7732 151-810  
Email [reservierung@mettnau.com](mailto:reservierung@mettnau.com)



# Hermann-Albrecht-Klinik

Hermann-Albrecht-Klinik is located right by Lake Constance and bordering a nature preserve. The modern house comprises 121 single and double rooms. The therapy premises and the bathing beach are just a few metres away. The Kurmittelhaus with swimming pools and gyms is in direct proximity

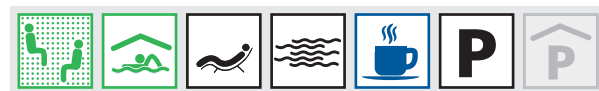


## Rooms

\*



## House



Our prices apply  
per person and day

**Season 1**  
incl. full board

**Season 2**  
incl. full board

### Hermann-Albrecht-Klinik

Single room <a href="#">Comfort</a>	138 €	113 €
Single room <a href="#">Comfort Plus</a>	155 €	120 €
Single corner room <a href="#">Comfort Plus</a>	163 €	128 €
Double room <a href="#">Comfort</a>	128 €	108 €
Single use	163 €	145 €
Double room <a href="#">Comfort Plus</a>	148 €	113 €
Single use	183 €	163 €
Single room <a href="#">Premium</a>	163 €	128 €
Double room <a href="#">Premium</a>	148 €	118 €
Double room <a href="#">Premium Plus</a>	158 €	138 €
Single use	183 €	163 €

Season 1: March to October  
Season 2: January and February,  
November and December

\* except for House F

Your **Plus** in the room category [Comfort Plus](#), [Premium](#) and [Premium Plus](#):

- Direct lake view/view towards therapy premises
- WLAN in your room
- Bathrobe

### Your free **services**

- Rowing boats for your free use
- VHB guest ticket (entitles you to using the local public transport network)
- Collection service at arrival and departure (station forecourt)
- Deck chairs
- Water dispenser
- WLAN in the lobby
- Internet in your room (LAN connection)
- Using the tennis court on the therapy premises
- Using the sunbathing lawn and lake access with rowing boats on the therapy premises
- Using the saunas in Kurpark-Klinik and in the Kurmittelhaus of the Hermann-Albrecht-Klinik
- Using the Kurpark-Klinik weight room

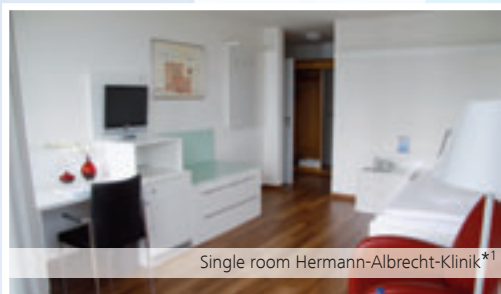
Your **additional services**,  
charged as incurred

- Phone
- Bathrobe for rent (room [Comfort](#))
- Washing machine and dryer
- Bicycle garage
- All-day large selection of coffee and tea in the cafeteria/beverage vending machine

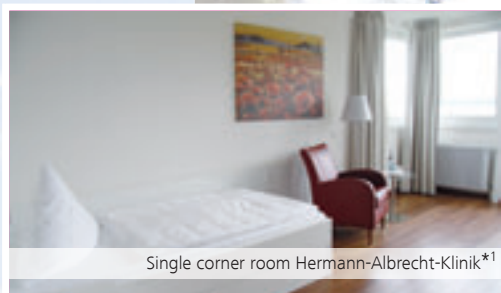




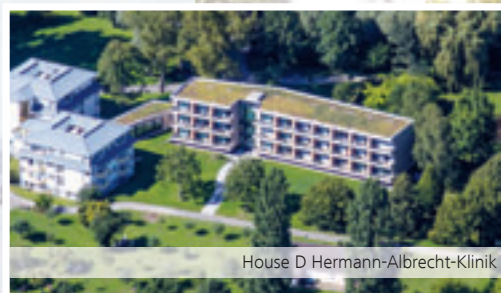
Beach and sunbathing lawn Hermann-Albrecht-Klinik



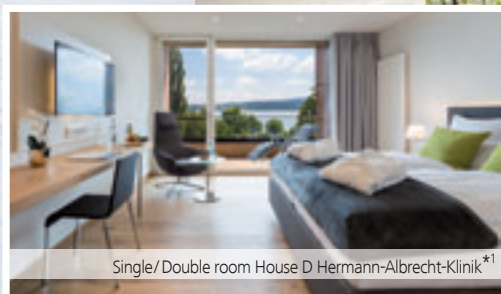
Single room Hermann-Albrecht-Klinik\*1



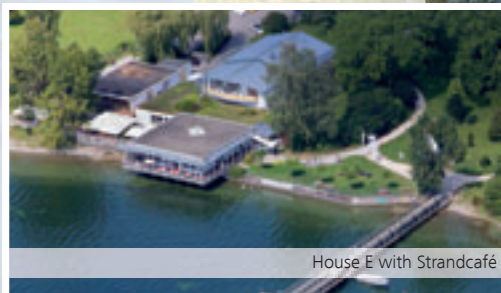
Single corner room Hermann-Albrecht-Klinik\*1



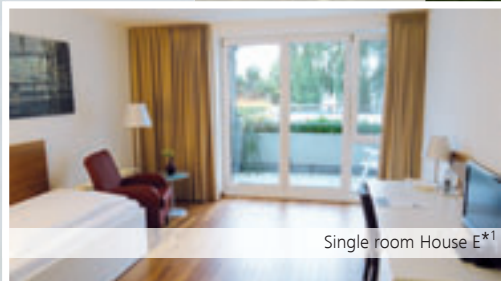
House D Hermann-Albrecht-Klinik



Single/ Double room House D Hermann-Albrecht-Klinik\*1



House E with Strandcafé



Single room House E\*1

Strandbadstraße 106  
D-78315 Radolfzell am Bodensee  
Booking +49 7732 151-810  
Email reservierung@mettnau.com





# Klinik Seehalde

Klinik Seehalde, with its historical Coachman's House (Apartment building) and the renovated villa of poet Joseph Victor von Scheffel, is an attractive place to withdraw to right at Lake Constance. It comprises 40 modern and generous single and double rooms and is located close to the town in the middle of an idyllic park with direct access to the lake.



## Rooms

\*1

\*2



Our prices apply  
per person and day

### Klinik Seehalde

	Season 1 incl. full board	Season 2 incl. full board
Single room <b>Premium</b>	198 €	163 €
Single room <b>Premium Plus</b>	218 €	173 €
Double room <b>Premium Plus</b>	198 €	158 €
Single use	283 €	223 €

### Villa Seehalde

Single room <b>Comfort</b>	163 €	138 €
Double room <b>Comfort</b>	148 €	128 €
Single use	213 €	173 €
Double room <b>Comfort Plus</b>	163 €	138 €
Single use	218 €	178 €

### Apartment building Seehalde

Single room <b>Apartment</b>	185 €	153 €
Double room <b>Suite</b>	180 €	150 €
Single use	253 €	193 €

Season 1: March to October  
Season 2: January and February,  
November and December

## House



Your **Plus** in the room category Comfort Plus, Premium Plus, Apartment and Suite:

- Direct view of the lake in the Klinik and Villa Seehalde
- Two-room apartments in the Apartment building Seehalde
- 1x gourmet dinner à la carte in the restaurant Strandcafé

### Your free services

- Daily newspaper of your choice
- DVD player in your room
- DVD-selection
- Rowing boats for your free use
- Bathrobe
- VHB guest ticket (entitles you to using the local public transport network)
- Bicycle garage
- Collection service at arrival and departure (station forecourt)
- Deck chairs with pads and blankets at the banks of the lake, direct access to the lake
- All-day large selection of coffee and tea in the lobby
- Drinking water dispenser in the lobby
- Washing machine and dryer
- WLAN in your room and in the lobby
- Use of the saunas
- Using the tennis court on the therapy premises of the Hermann-Albrecht-Klinik
- Using the Kurpark-Klinik weight room

Your **additional services**,  
charged as incurred

- Phone (call units)
- Laundry service





Klinik Seehalde with Villa

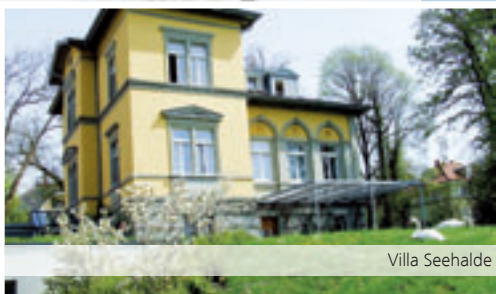
Scheffelstraße 14  
D-78315 Radolfzell am Bodensee  
Booking +49 7732 151-810  
Email [reservierung@mettnau.com](mailto:reservierung@mettnau.com)



Double room Klinik Seehalde\*3



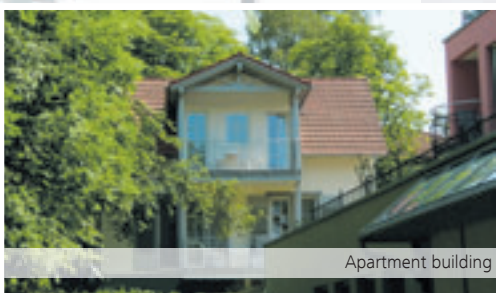
Terrace Klinik Seehalde



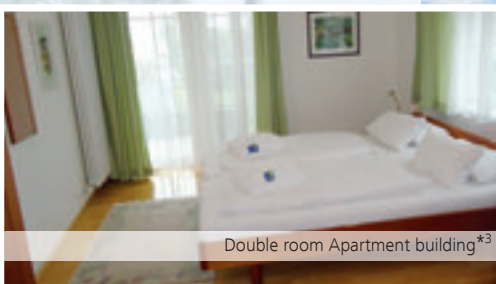
Villa Seehalde



Double room Villa Seehalde\*3



Apartment building



Double room Apartment building\*3





# Medical prices and services

Doctor's, psychologists', diagnosis and lab services as well as nutrition counselling are settled according to the current fee rules for doctors (GOÄ)/fee rules for psychotherapists (GOP).

## Medical basic services

Initial consultation and drawing up the therapy plan	23,12 €
Examination to determine the complete health status	26,14 €
Resting and stress ECG	44,74 €
Consultation	8,04 €
Detailed findings / patient report	13,07 €
Heart echography	134,99 €
Carotid echography	95,38 €
Echography of abdominal region	44,23 €
Thyroid echography	21,11 €
Long-term blood pressure measurement	11,80 €
Long-term EKG	31,48 €
Spiroergometry	140,22 €
Lung function	47,60 €
Sleep apnea screening	96,00 €
Laboratory analysis	Costs according to expenditure

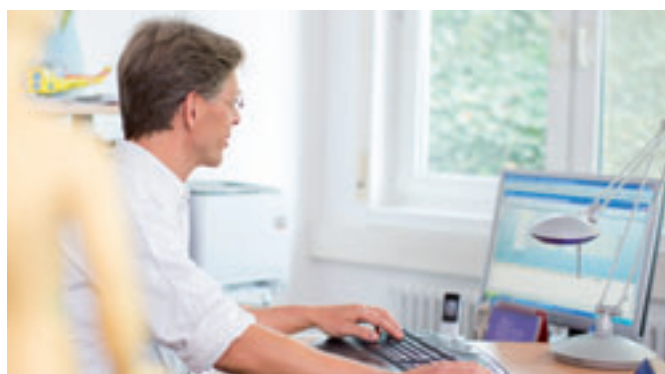
We will gladly offer supplementary diagnoses, e.g. lab analysis, lactate diagnosis, spiroergometry, lung function diagnosis, long-term blood pressure measurement, long-term ECG, ultrasound of the thyroid, the neck vessels and the upper abdomen.

## Psychological services

Psychological individual counselling	50 min	75,41 €
Stress seminars/group coaching	100 min	30,16 €
Nutrition psychology	60 min	15,08 €

## Nutrition Counselling

Single nutrition counselling	90 min	90,93 €
Group nutrition counselling 2 units	90 min each	52,81 €
Shopping training	90 min	32,17 €
Cooking in the teaching kitchen	200 min	44,23 €
Diabetics' training 3 units	75 min each	79,17 €





# Therapy prices and services



## Movement

Our therapy prices  
apply per unit

Movement therapy*		19,00 €
Water gymnastics	30 min	15,50 €
Stretching gymnastics	30 min	12,50 €
Ergometer training under ECG-monitoring	30 min	16,50 €
Breathing gymnastics	30 min	12,50 €
Archery 2 units (course price)	90 min each	40,00 €
Archery free training	60 min	11,00 €
Sport rowing 3 units (course price)	120 min each	85,00 €
Gait analysis (video-supported)	90 min	47,00 €
Pilates	60 min	17,50 €
Fascia training	60 min	17,50 €
Stand Up Paddling (course)	90 min	40,00 €
Acqua Cycling	45 min	16,50 €

## Relaxation

Progressive relaxation training	30 min	15,50 €
Alternative relaxation training	30 min	15,50 €
Taiji/ gigong	60 min	17,50 €
Yoga	60 min	17,50 €



## Physiotherapy/occupational therapy/therapeutic exercise

Physiotherapy/therapeutic exercise – single	30 min	32,00 €
Occupational therapy	30 min	31,00 €
Pelvic floor exercises, 3 units (course price)	90 min/ 60 min/ 75 min	57,00 €
Back training	60 min	13,50 €
Osteopathic therapy / Craniosacral osteopathic therapy	60 min	90,00 €
KG devices/MTT medical training therapy HAK – course unit with sport-therapeutic support for single persons and small groups (up to 3 persons)	60 min each	40,00 €
Weight training (HAK) – monitored and computer-supported – ticket for 6 units	60 min each	80,00 €
Weight training (HAK) – monitored and computer-supported – ticket for 10 units	60 min each	105,00 €

## Massages

Partial massage	15 min	21,50 €
Large massage	30 min	32,00 €
Whole-body massage	50 min	53,00 €
Reflexology	30 min	40,00 €
Lymph drainage, large	30 min	30,00 €
Lymph drainage, whole	50 min	58,00 €
Hot stone massage	60 min	74,00 €
Lomi lomi massage	60 min	74,00 €
Acupuncture massage	60 min	84,00 €
Dorn therapy	30 min	32,00 €
Water pressure jet massage single card	15 min	7,00 €
Water pressure jet massage card for 6 units	15 min	35,00 €
Water pressure jet massage card for 12 units	15 min	55,00 €

## Other therapeutic treatments

Single inhalation	15 min	13,00 €
Ice treatment	20 min	14,00 €
Electrotherapy	15 min	13,00 €
Hot roll	15 min	15,00 €
Red light	15 min	12,00 €
Ultrasound therapy	15 min	13,00 €

### \* Notes on movement therapy

The movement therapy flat rate includes 1x dry gymnastics per day and the following according to the daily offer and prescription: Endurance exercise/training, introductory course for Nordic Walking, ball games, dance gymnastics, morning exercise, lectures, guided hikes, sauna use, swimming pool, use of the rowing boats and free access to the facilities on the therapy premises.



# Health programmes



Without a minimum of physical movement, processes that make the body ill will occur. At least half an hour of movement per day maintains health and slows biological aging. True to our motto "Movement is life", you can choose between eight attractive offers in our health programmes.

From [Fitness Classic](#), [Reha Plus](#) to [Sports-medicine Diagnosis](#), our popular classics offer different focuses and

service contents. New customers have the option to start into their lives more consciously with the [Familiarisation Days](#). The [Active Heart](#) programme is particularly directed at cardiac patients as an after-care for follow-up treatment. Our programme [Healthy and Vital](#) makes it easier for you to start losing weight. The programme [Active against Stress](#) prevents fatigue syndrome/burnout in time and restores harmony to your body, mind

and soul. Our health programme [Fit and Relaxed](#) is particularly suitable for the calmer time.

Select the programme that fits your needs or let us advise you. Please observe that you will not receive a detailed invoice when booking our health programmes. You can use additional services according to our therapy prices against separate settlement.

## Fitness Classic

The basic movement programme on the Lake Constance peninsula Mettnau

This popular classic means pure movement. After a medical entrance examination, you will start into a diverse and demanding movement programme. The healthy balance at [Fitness Classic](#) between physical activity and relaxation, mental balance and healthy nutrition generates the energy that you need to manage your daily life.

## FITNESS CLASSIC

### Booking period

#### Kurpark-Klinik

Arrival on Wednesdays	one week	two weeks	ext. week
04.01.2017 – 01.03.2017	849 €	1.589 €	759 €
08.03.2017 – 25.10.2017	959 €	1.799 €	879 €
01.11.2017 – 27.12.2017	849 €	1.589 €	759 €

#### Hotel Christine

Arrival on Tuesdays	one week	two weeks	ext week
03.01.2017 – 28.02.2017	849 €	1.589 €	759 €
07.03.2017 – 31.10.2017	959 €	1.799 €	879 €
07.11.2017 – 26.12.2017	849 €	1.589 €	759 €

#### Werner-Messmer-Klinik

Arrival on Mondays through Fridays	one week	two weeks	ext. week
02.01.2017 – 01.03.2017	869 €	1.649 €	789 €
02.03.2017 – 31.10.2017	–	1.989 €	939 €
01.11.2017 – 29.12.2017	869 €	1.649 €	789 €

ext. week = extension week, contains accommodation and food, as well as sports and movement therapy

### Service content

- 7 nights in the SR or DR Comfort, including full board
- Entrance examination with recommendations on the therapy plan
- Resting and stress ECG
- 4x stretching gymnastics\*
- 4x water gymnastics\*
- 4x movement therapy\*  
(see note on page 14)
- Medical final interview
- Medical brief report

\* depending on daily offer and prescription





## Fit and Relaxed

Active prevention and recovery in the winter months at METTNAU

Experience Lake Constance in the winter months and discover its special magic in this season. [Fit and Relaxed](#) makes you fit for successfully mastering your daily life with healthy interaction of active movement and relaxation.

# FIT AND RELAXED

### Booking period

#### Kurpark-Klinik

Arrival on Wednesdays	one week	two weeks	ext. week
04.01.2017 – 01.03.2017 und 01.11.2017 – 27.12.2017	909 €	1.689 €	809 €

#### Werner-Messmer-Klinik

Arrival on Mondays through Fridays	one week	two weeks	ext. week
02.01.2017 – 01.03.2017 und 01.11.2017 – 29.12.2017	939 €	1.749 €	849 €

#### Hermann-Albrecht-Klinik

Arrival on Tuesdays	one week	two weeks	ext. week
03.01.2017 – 28.02.2017 und 07.11.2017 – 26.12.2017	999 €	1.919 €	939 €

#### Klinik Seehalde

Arrival on Wednesdays	one week	two weeks	ext. week
04.01.2017 – 01.03.2017 und 01.11.2017 – 13.12.2017	1.359 €	2.549 €	1.269 €

#### Villa Seehalde

Arrival on Tuesdays	one week	two weeks	ext. week
03.01.2017 – 28.02.2017 und 07.11.2017 – 12.12.2017	1.179 €	2.229 €	1.099 €

#### Apartmenthaus Seehalde

Arrival on Tuesdays	one week	two weeks	ext. week
03.01.2017 – 28.02.2017 und 07.11.2017 – 12.12.2017	1.299 €	2.429 €	1.229 €

ext. week = extension week, contains accommodation and food, as well as sports and movement therapy

### Service content

- 7 nights in the SR or DR Comfort, including full board
- Entrance examination with recommendations on the therapy plan
- Resting and stress ECG
- 4x stretching gymnastics\*
- 4x water gymnastics\*
- 4x movement therapy\*  
(see note on page 14)
- 2x yoga or qigong\*
- 2x relaxation training\*
- 1x relaxation massage  
(you can chose between:  
1x 30 min. aroma oil massage,  
hot stone massage, lomi lomi  
massage or deeply relaxing facial  
massage)
- 2x water-pressure jet massage
- Medical final interview
- Medical brief report

\* depending on daily offer and prescription





## Sports-medicine Diagnosis

Sports-medicine prevention - Movement is life

Whether you are a beginner or advanced - you are in the best of hands with us where sports activities are concerned. The contents of our prevention weeks of [Sports-medicine Diagnosis](#) permit clear conclusions to your current physical performance and which physical strain will have the best effect on your stamina and constitution.

# SPORTS-MEDICINE DIAGNOSIS

### Booking period

#### Werner-Messmer-Klinik

Arrival on Mondays through Fridays	one week	ext. week
02.01.2017 – 01.03.2017	1.209 €	829 €
02.03.2017 – 31.10.2017	1.489 €	939 €
01.11.2017 – 29.12.2017	1.209 €	829 €

#### Hermann-Albrecht-Klinik

Arrival on Wednesdays	one week	ext. week
04.01.2017 – 01.03.2017	1.279 €	899 €
08.03.2017 – 25.10.2017	1.569 €	1.019 €
01.11.2017 – 27.12.2017	1.279 €	899 €

ext. week = extension week, contains accommodation and food, as well as sports and movement therapy

### Service content

- 7 nights in the SR or DR Comfort Plus, including full board
- Entrance examination with recommendations on the therapy plan
- Resting and stress ECG with lactate diagnosis
- Ultrasound of the heart
- Many lab values
- Lung function diagnosis
- Detailed consulting
- 4x stretching gymnastics\*
- 4x water gymnastics\*
- 4x movement therapy\*  
(see note on page 14)
- 1x individual training consulting
- 2x water-pressure jet massage
- Medical final interview
- Detailed report on findings

We will gladly offer supplementary diagnoses, e.g. spiroergometry, long-term blood pressure measurement, long-term ECG or ultrasound of the thyroid, the neck vessels and the upper abdomen, each settled separately. Ask your doctor. We will gladly advise you.

\* depending on daily offer and prescription





## Healthy and Vital

Effectively to your long-term wellness weight by healthy lifestyle

Your sustainable active stay [Healthy and Vital](#) at METTNAU: The unique combination of movement, nutrition, stress management and relaxation in the middle of a fascinating landscape right at Lake Constance will give you new vitality and energy. Targeted diagnosis and movement therapy, as well as supplementary nutrition counselling and personal support will help you avoid later consequential conditions. Here at METTNAU, we offer competent and experienced support from a single source for your start into a healthy and vital life.

# HEALTHY AND VITAL

### Booking period

#### Hermann-Albrecht-Klinik

Arrival on Tuesdays	two weeks	ext. week	Success check week
03.01.2017 – 28.02.2017	2.459 €	809 €	999 €
07.03.2017 – 31.10.2017	2.859 €	919 €	1.029 €
07.11.2017 – 19.12.2017	2.459 €	809 €	999 €

### Service content

#### Accommodation:

- 14 nights in the SR or DR Comfort, incl. healthy full board (diet food possible)

#### Medicine and diagnosis:

- Entrance examination with individual recommendations on the therapy plan
- 2 BIA-measurements (body fat determination)
- Resting and stress ECG
- Lung function diagnosis
- Ultrasound of the heart
- Indication-related lab values
- Medical final interview with training recommendations for everyday use and detailed findings report

#### Sports and movement therapy\*:

- 8x movement therapy\* (see note on page 14)
- 7x stretching gymnastics\*
- 7x water gymnastics
- 8x ergometer gymnastics\*
- 1x individual training consulting

#### Nutrition counselling:

- 1x single nutrition counselling with customised recommendations for everyday use
- Nutrition-specific lectures, including shopping training
- 1x calorie-conscious cooking course
- 1x seminar on the subject nutrition psychology

#### Extension week:

- Accommodation and food, as well as sports and movement therapy

### Success check week

#### Our recommendation:

Trust is good, verification is better! Return to us approx. 6-8 months after your stay for a [success check](#).

#### Service content:

- 7 nights in the SR or DR Comfort, incl. healthy full board (diet food possible)
- Medical success check with additional training recommendations and resting and stress ECG
- 1x single nutrition counselling with customised recommendations for everyday use
- 1x BIA-measurement
- Lab analysis
- Movement therapy according to stress level
- Medical final interview with adjusted training recommendations for everyday use





## Active against Stress

Arrive and be comfortable, forget about everyday stress and fuel up

Leave stress behind and restore harmony to your body, mind and soul. The best place for this is the Lake Constance peninsula Mettnau. Use our [Active against Stress](#) programme for relaxed and active regeneration days in a beautiful landscape. Under specialist medical and therapeutic support, you will receive valuable advice against stress with recommendations for action for your future. Fuel up new strength with our regeneration and prevention weeks at METTNAU and start into an active and less stressful life with new energy.

# ACTIV AGAINST STRESS

### Booking period

#### Werner-Messmer Klinik

Arrival on Mondays through Fridays	two weeks	ext. week
02.01.2017 - 01.03.2017	2.189 €	999 €
02.03.2017 - 31.10.2017	2.419 €	1.099 €
01.11.2017 - 29.12.2017	2.189 €	999 €

#### Hermann-Albrecht-Klinik

Arrival on Tuesdays	two weeks	ext. week
03.01.2017 - 28.02.2017	2.299 €	1.069 €
07.03.2017 - 31.10.2017	2.549 €	1.209 €
07.11.2017 - 19.12.2017	2.299 €	1.069 €



### Service content

#### Accommodation:

- 14 nights in the SR or DR
- Comfort, incl. full board

#### Medizin und Diagnostik:

- Entrance examination with individual recommendations on the therapy plan
- Resting and stress ECG
- Consultation
- Medical final interview with recommendations for action
- Medical brief report

#### Psychology:

- 2x psychological individual coaching
- 2x practical stress management in small groups

- Lecture offer on the subjects:
  - Stress management in daily life
  - Burnout prevention
  - Nutrition psychology

#### Sports and movement therapy\*:

- 7x movement therapy\*  
(see note on page 14)
- 6x stretching gymnastics\*
- 6x water gymnastics\*
- 3x relaxation training\*
- 3x yoga or qigong\*
- 4x water-pressure jet massage
- Introduction into archery

#### Extension week:

- Accommodation and food, as well as sports and movement therapy

\* depending on daily offer and prescription



## Reha Plus

Active rehabilitation and prevention recovery on the Lake Constance peninsula Mettnau

While the Fitness Classic health programme puts a focus on active movement therapy, the established [Reha Plus](#) offer provides a customised movement programme with additional medical support and diagnosis. The detailed examinations and the interview with the doctor will help to handle chronic cardiovascular diseases and cardiovascular risk factors securely. This Mettnau-specific offer is recommended specifically for patients with cardiovascular diseases.

# REHA PLUS

### Booking period

#### Hermann-Albrecht-Klinik

Arrival on Tuesdays	one week	two weeks	ext. week
03.01.2017 – 28.02.2017	1.049 €	1.969 €	989 €
07.03.2017 – 31.10.2017	–	2.299 €	1.089 €
07.11.2017 – 26.12.2017	1.049 €	1.969 €	989 €

#### Villa Seehalde

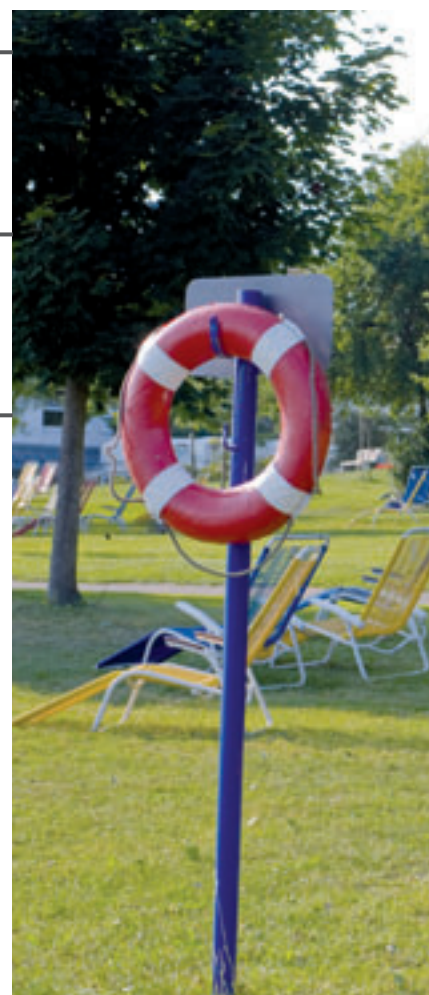
Arrival on Tuesdays	one week	two weeks	ext. week
03.01.2017 – 28.02.2017	1.349 €	2.429 €	1.099 €
07.03.2017 – 31.10.2017	1.549 €	2.829 €	1.299 €
07.11.2017 – 26.12.2017	1.349 €	2.429 €	1.099 €

ext. week = extension week, contains accommodation and food, as well as sports and movement therapy

### Service content

- 7 nights in the SR or DR Comfort, including full board
- Entrance examination with recommendations on the therapy plan
- Consultations
- Resting and stress ECG
- Ultrasound of the heart
- Lab analysis: blood glucose, overall cholesterol, LDL, HDL, triglycerides
- Lectures
- 4x stretching gymnastics\*
- 4x water gymnastics\*
- 4x movement gymnastics\* (see note on page 14)
- 4x ergometer training
- 2x relaxation training\*
- 1x water-pressure jet massage
- Medical final interview
- Detailed report on findings

\* depending on daily offer and prescription





# Our advice for cardiac patients

## The METTNAU health programmes

### Reha Plus and Active Heart



picture: Michael Hansky

## Active Heart

The targeted follow-up for the good of your heart

Take time for your health and check your health performance with our new [Active Heart](#) health programme. The services contained in Active Heart are based on your past follow-up rehabilitation and support you in reducing cardiological risk factors and improving your habits. Important diseases of the cardiovascular system and subsequent interventions or surgeries will require targeted and comprehensive follow-up care. Therefore, use the time for your personal health check and participate in our diverse sport and movement programme.

## ACTIVE HEART

### Booking period

#### Werner-Messmer-Klinik

Arrival on Mondays through Fridays	one week	two weeks	ext. week
02.01.2017 – 01.03.2017	929 €	1.749 €	849 €
02.03.2017 – 31.10.2017	1.249 €	2.089 €	999 €
01.11.2017 – 29.12.2017	929 €	1.749 €	849 €

ext. week = extension week, contains accommodation and food, as well as sports and movement therapy



### Service content

- 7 nights in the SR or DR Comfort, including full board
- Entrance examination with recommendations on the therapy plan
- Consultation
- Resting and stress ECG
- Ultrasound of the heart
- ECG-monitored ergometer training
- Lab analysis: blood glucose, overall cholesterol, LDL, HDL, triglycerides
- Lectures
- 4x stretching gymnastics\*
- 4x water gymnastics\*
- 4x movement gymnastics\* (see note on page 14)
- 4x ergometer training
- 2x nutrition training
- Medical final interview
- Detailed report on findings

\* depending on daily offer and prescription



## Familiarisation Days

Start into life more consciously with our concept "Movement is life"

METTNAU is one of the most traditional centres for movement therapy in Germany. Our [Familiarisation Days](#) and the unique beautiful site, located in one of the most beautiful cultivated landscapes of Europe will make you forget everyday stress during a healthy and body-focused time-out. It can be combined with relaxed holiday moments right by Lake Constance. Start into life more consciously and get to know METTNAU with its concept "Movement is life". You are in the best of hands with us.

# FAMILIARISATION DAYS

### Booking period

#### Kurpark-Klinik and Hotel Christine

Arrival on Tuesdays and Wednesdays	four days	ext. day
03.01.2017 - 01.03.2017	369 €	105 €
07.03.2017 - 31.10.2017	429 €	124 €
01.11.2017 - 27.12.2017	369 €	105 €

#### Werner-Messmer-Klinik und House B

Arrival on Mondays through Thursdays	four days	ext. day
02.01.2017 - 01.03.2017	429 €	124 €
02.03.2017 - 31.10.2017	479 €	139 €
01.11.2017 - 28.12.2017	429 €	124 €

#### Hermann-Albrecht-Klinik

Arrival on Tuesdays	four days	ext. day
03.01.2017 - 28.02.2017	439 €	133 €
07.03.2017 - 31.10.2017	509 €	155 €
07.11.2017 - 26.12.2017	439 €	133 €

#### Villa Seehalde

Arrival on Tuesdays	four days	ext. day
03.01.2017 - 28.02.2017	509 €	155 €
07.03.2017 - 31.10.2017	589 €	185 €
07.11.2017 - 26.12.2017	509 €	155 €

#### Apartment building Seehalde

Arrival on Tuesdays	four days	ext. day
03.01.2017 - 28.02.2017	559 €	169 €
07.03.2017 - 31.10.2017	649 €	205 €
07.11.2017 - 26.12.2017	559 €	169 €

#### Klinik Seehalde

Arrival on Wednesdays	four days	ext. day
04.01.2017 - 01.03.2017	589 €	179 €
08.03.2017 - 25.10.2017	689 €	215 €
01.11.2017 - 27.12.2017	589 €	179 €

ext. day = extension day, contains accommodation and food, as well as sports and movement therapy. Up to 4 extension days can be booked.

**Your Bonus\*\*  
50,- Euro**

### Service content

- 3 nights in the SR or DR Comfort, including full board
- Medical health check incl. resting and stress ECG
- 2x movement therapy\*  
(see note on page 14)
- 1x water gymnastics\*
- 1x stretching gymnastics\*
- 1x relaxation massage
- Medical final interview

**The offer is good for new customers only.**

\*\* When booking, you will receive an additional voucher at 50 EURO for your next stay (minimum stay one week).

The bonus can be redeemed by 31.12.2019.

\*depending on daily offer and prescription



# Partner/Visitor prices

Take some time for relaxed holidays at Lake Constance and visit your partner during the stay at METTNAU. We have various accommodations at hand for you. The accommodation includes services\* such as free use of our swimming pools and saunas.



Meals without accommodation:	
Breakfast	8,00 €
Lunch	15,00 €
Dinner	10,00 €

### Registration for your partner/visitor

Reservation	Phone	+49 7732 151-810
Reception desk	Phone	+49 7732 151-0

Our visitors are accommodated in a cot, single or double room.  
Our prices apply per person and day

### Werner-Messmer-Klinik

### Kurpark-Klinik, Haus Undine, Hotel Christine

### Hermann-Albrecht-Klinik

### Seehalde, Villa und Apartmenthaus Seehalde

Visitors double room year-round incl. full board	Visitors double room year-round incl. breakfast	Visitors cot year-round incl. full board	Visitors cot year-round incl. breakfast
75 €	60 €	60 €	45 €
75 €	60 €	60 €	45 €
85 €	70 €	70 €	55 €
85 €	70 €	70 €	55 €

### Visitor prices single and double rooms with full board

All visitors have the option of booking a single or double room in the house of their choice if capacities are free. The full board prices can be found on pages 4-10.  
The visitor's tax is settled per day according to the currently valid visitor's tax rate.

A cot can be put into most rooms. Please ask the booking department or the reception desk

\*The partner/visitor prices contain free access to the therapy premises and free entrance to free swimming. They do not include medical, nursing and therapeutic services. Against separate settlement, massages and therapeutic exercise (single treatment) can be purchased if capacities are free. The prices can be found on page 14. Further therapeutic treatments cannot be used in the scope of the visitor prices, since an advance medical entrance examination would be necessary.

# Medical prices and services for out-patient guests



## Registration for your out-patient stay

Secretarial office Hermann-Albrecht-Klinik    Phone    +49 7732 151-859  
Secretarial office Werner-Messmer-Klinik    Phone    +49 7732 151-453

## Out-patient meals

During your out-patient stay, you may choose to have breakfast, lunch and dinner in our house (with free capacity). For organisational reasons, we must ask you to bindingly specify your meals for one week in advance on the day of arrival. Reimbursement for meals not used is not possible.

### Meal prices

Breakfast	Lunch	Dinner
8,00 €	15,00 €	10,00 €

## Out-patient flat rate

For out-patient guests and patients who do not live in our houses, we charge a daily basic flat rate of 16,00 €. This includes the ability to participate, depending on daily offer and prescription, in lectures, morning exercises, dance gymnastics and ball games, as well as free access to the common rooms and facilities of the clinics (therapy premises, swimming pool, sauna and rowing boats).

## Therapy services

### Movement

Our therapy prices  
apply per unit

Dry gymnastics	30 min.	13,50 €
Endurance exercises/endurance training	60 min. each	13,50 €
Guided hike	Duration depending in exercise group	13,50 €

The prices for further out-patient therapies can be found in the section "Therapy services" on pages 13 and 14. The movement therapy flat rate in the section Therapy services applies to in-patient guests and patients only.



Doctor's, psychologists', diagnosis and lab services as well as nutrition counselling are settled according to the current fee rules for doctors (GOÄ)/fee rules for psychotherapists (GOP).

## Doctor's services

Initial consultation and drawing up the therapy plan	30,83 €
Examination to determine the complete health status	34,86 €
Resting and stress ECG	59,66 €
Consultation	10,72 €
Detailed findings / patient report	17,43 €
Heart echography	179,99 €
Carotid echography	127,18 €
Echography of abdominal region	58,98 €
Thyroid echography	28,15 €
Long-term blood pressure measurement	15,74 €
Long-term EKG	41,97 €
Spiroergometry	186,96 €
Lung function	63,47 €
Sleep apnea screening	128,00 €
Laboratory analysis	Costs according to expenditure

We will gladly offer supplementary diagnoses, e.g. lab analysis, lactate diagnosis, spiroergometry, lung function diagnosis, long-term blood pressure measurement, long-term ECG, ultrasound of the thyroid, the neck vessels and the upper abdomen.

## Psychological services

Psychological individual counselling	50 min	100,55 €
Stress seminars/group coaching	100 min	40,22 €
Nutrition psychology	60 min	20,11 €

## Nutrition Counselling

Single nutrition counselling	90 min	121,24 €
Group nutrition counselling 2 units	90 min each	70,41 €
Shopping training	90 min	42,89 €
Cooking in the teaching kitchen	200 min	58,98 €
Diabetics' training 3 units	75 min each	105,57 €



# Important information and notes

## Arrival

Arrival in Werner-Messmer-Klinik is possible from Mondays through Fridays. Hermann-Albrecht-Klinik, Klinik Seehalde, Kurpark-Klinik and the branches have Tuesday or Wednesday as their arrival days. Lunch is reserved for you on the day of arrival.

## Departure

On the departure day, the room must be cleaned by 9:30 AM at the latest. At departure, a shuttle can take you to the Radolfzell train station (Monday to Friday) (please register at the reception desk at least 1 day before your departure).

## General terms and conditions

We refer to our current general terms and conditions. The terms and conditions can be found on our website: [www.metttau.com](http://www.metttau.com).

## Reservation fee

In case of cancellation of a confirmed booking until 12 weeks before arrival there will be no fee for you. From 12 weeks before arrival, 60 % of the accommodation price will be charged as reservation fee. If health programmes were booked, 60 % of the flat rate will be charged. This will always apply to no more than 7 days, and only if the room cannot be sold otherwise.

## Health programmes

When booking a health programme, services not used unfortunately cannot be reimbursed. A higher accommodation category can be chosen for a surcharge. The surcharge results from the difference to the respective higher category according to our prices for in-patient guests. Additionally booked services are invoiced separately. The indicated dates represent the first and last day of arrival. At arrival after noon, it cannot be guaranteed that the service contents described can be fully rendered. Reimbursement will not take place. Service contents cannot be exchanged. On the day of departure, the service will end with breakfast.

## Indications (healing needs)

METTNAU specialises in prevention and cardiology follow-up rehabilitation (AHB or AR) at problems with the cardiovascular function. Accompanying treatment e.g. of metabolic diseases, orthopaedic findings and the consequences of psychological overload such as exhaustion is possible.

## Indications for healing procedures:

- all chronic heart diseases in adults, such as coronary heart diseases, myocardial disease, heart failure with and without history of heart surgery or intervention
- influenceable risk factors such as hypertension with/without organ damage, Diabetes mellitus type 1 and 2, dyslipidemia, overweight/obesity, nicotine abuse
- functional cardiovascular problems
- physical lack of exercise
- psycho-vegetative fatigue syndromes
- functional orthopaedic complaints and moderate degenerative diseases of the locomotor system

## Indications for follow-up rehabilitation (Follow-up rehabilitation (AHB) is only possible at Werner-Messmer-Klinik):

- after acute heart attack (STEMI, NSTEMI)
- coronary heart disease without acute heart attack - after complicated, usually unstable progress
- after electric PTCA (balloon expansion)
- after coronary bypass surgery
- after cardiac valve surgery
- after surgical correction of congenital vitia (heart defects)
- after other heart surgery (e.g. ICD implantation, aneurysm resection)
- at cardiomyopathies (myocardial diseases) after complicated progress
- after decompensated heart failure (at stable progress in the medium term)
- after inflammatory heart diseases at protracted progress
- after embolism of the lung
- atherosclerosis of the extremity arteries (peripheral arterial occlusive disease)
- after elective PTA with or without stent implantation
- after surgery at the arterial vascular system (except extra/intracranial)

## Cost reimbursement for self-payers

Our clinics are eligible for support (except for Hotel Christine).

METTNAU meets the prerequisites of § 107 para. 2 SGB V. A care contract purs. to § 111 para. 2 SGB V is present.

Please clarify possible assumption of costs by your private health insurance (PKV) or your support payer before placing booking. Settlement of the services rendered by METTNAU takes place directly with the guest - no matter if a third party will assume some of the costs.

## Visitor's tax

The visitor's tax is charged separately. The amount is according to the currently valid visitor's tax rate at the time of your stay. The visitor's tax is included in the flat rate for the health programmes.

## Icons

Our symbols for the accommodations are aligned with the DEHOGA. The associated explanations are METTNAU-specific.

## Prices and programme contents

All prices are in Euro.

Price and programme changes reserved.

## Season times

The prices are charged depending on season. When staying across a season change, settlement will be to the day. The day of arrival is indicative for the price of the health programmes.

Season 1: [March to October](#)

Season 2: [January and February,](#)  
[November and December](#)

## Therapeutic treatments

Non-attendance of firmly booked appointment for services and offers prescribed by a doctor (group and single therapies) in case of prevention must be reported to therapy scheduling at least 24 hours before the appointment. The services will be invoiced unless a certificate of medical reasons for non-participation can be submitted.

## Payment

During the stay, a one-time advance payment must be made. This is 500 Euro per week of the stay. You can also pay the entire downpayment in advance to

[Acc. no. 4144804,](#)  
[bank sort code 692 500 35,](#)  
[IBAN DE07 6925 0035 0004 1448 04](#)  
[BIC SOLADES1SNG](#)

[Sparkasse Hegau-Bodensee.](#)

Payment type: EC card or cash.

When booking a health programme, please pay the entire amount on site within three days.

## Room illustrations

The room illustrations are example pictures.

## Room designations

The room designations are specified according to the criteria such as location, size and equipment of the rooms.