



METTNAU

Medizinische Reha-Einrichtungen der Stadt Radolfzell
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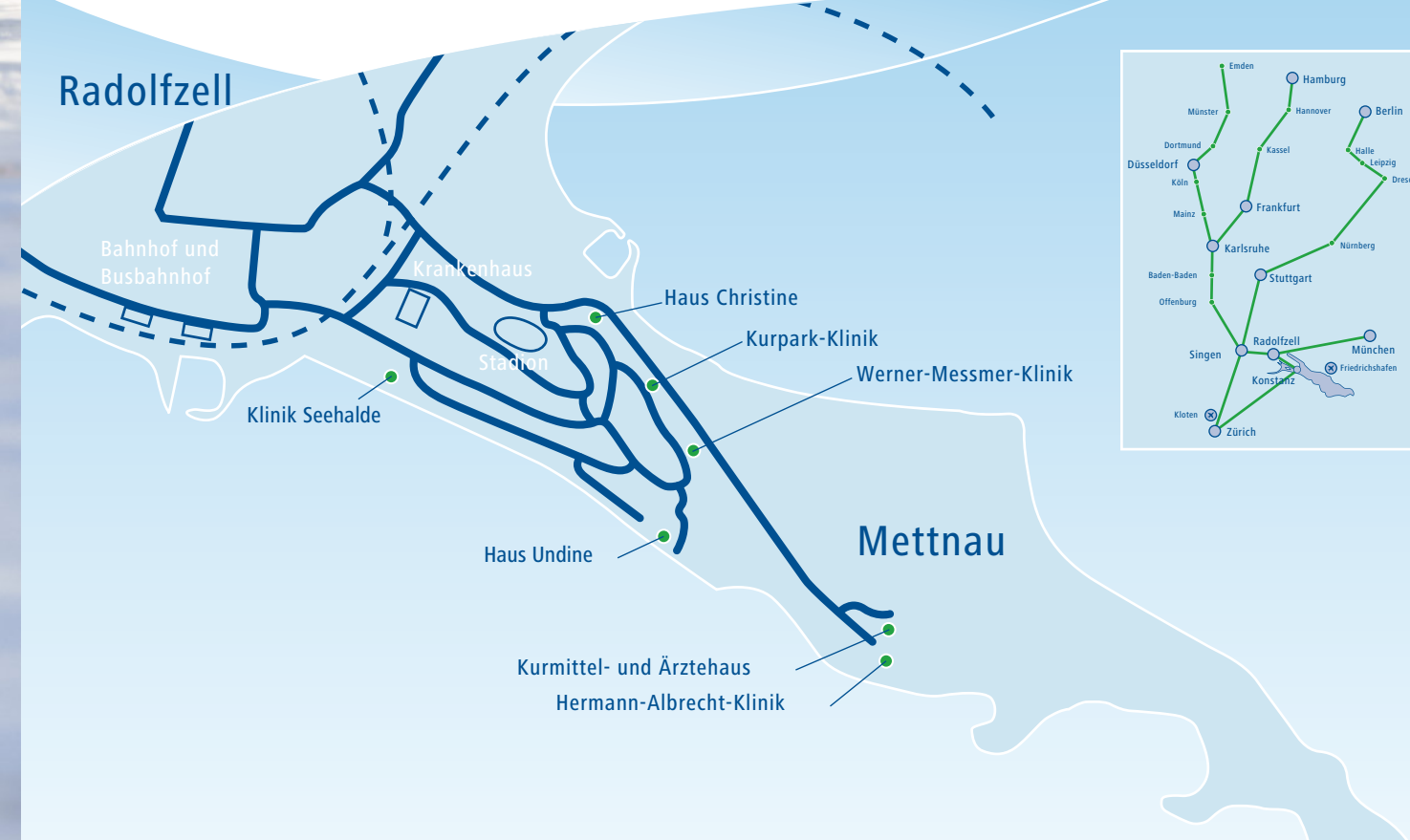
Reservierungsanfragen

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

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



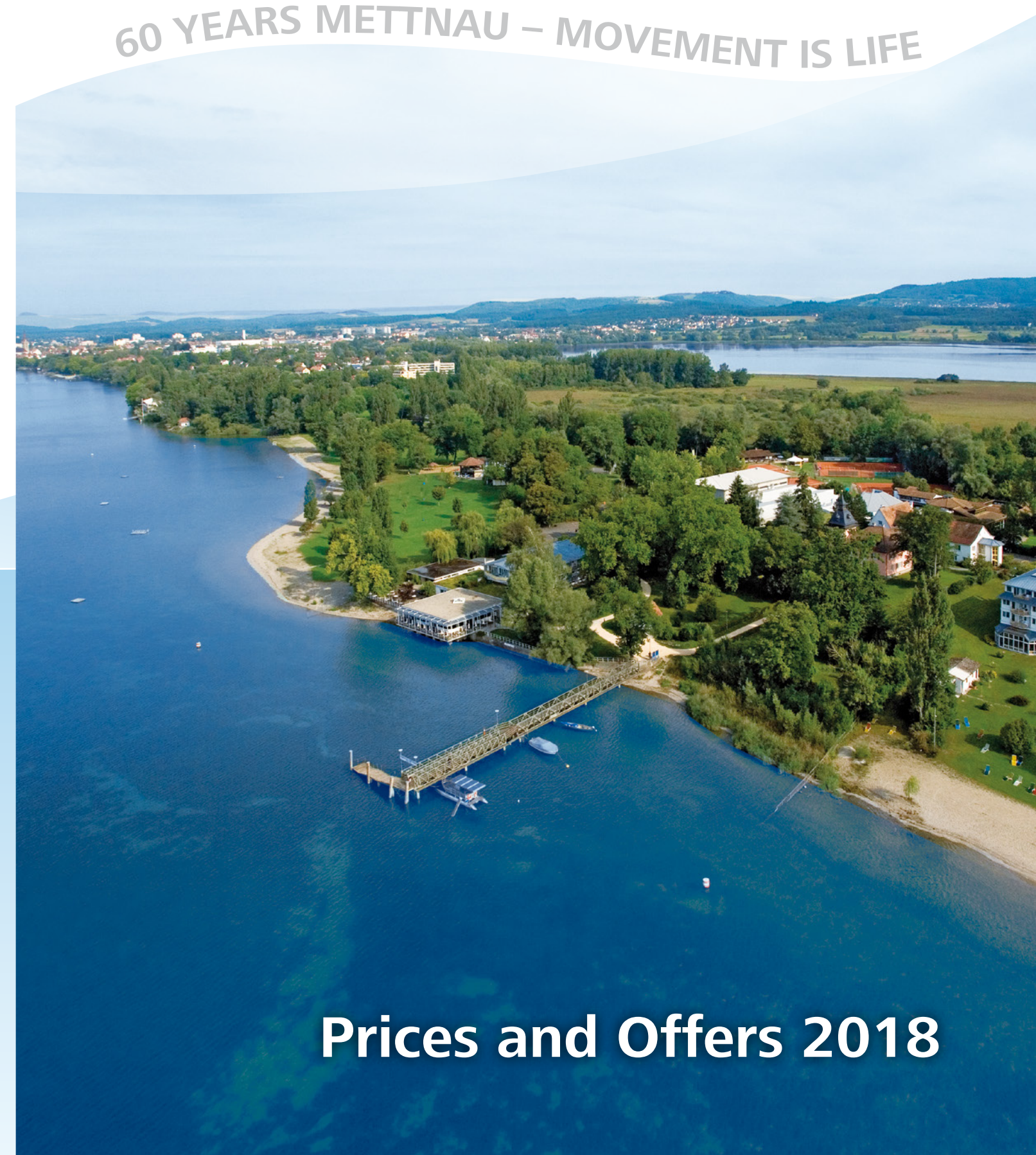
QUALITÄTSVERBUND GESUNDHEIT
Gemeinsam für die beste Reha



METTNAU 09/17 Titelbild: Achim Mende



60 YEARS METTNAU – MOVEMENT IS LIFE



Prices and Offers 2018



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 60 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 |
|  | hair-dryer |  | phone |
|  | minibar (no alcohol) |  | balcony |
|  | minibar (not filled) | | |

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

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

A wide-angle photograph of a calm lake under a blue sky with scattered clouds. In the distance, a small boat with a sail is visible on the water, and a line of trees and hills forms the horizon. The foreground shows the rocky and pebbly shoreline with some green moss or algae.

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

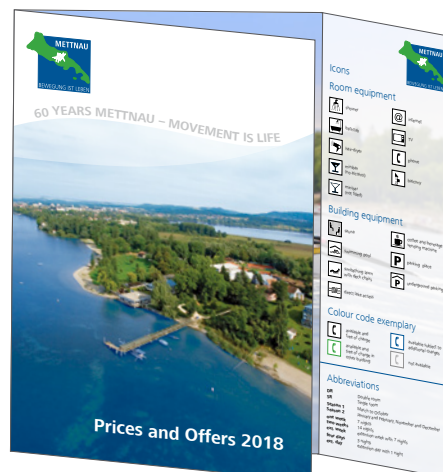
Your visitors are able to book a single room, a bed in a double room or a cot including full board.

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 quests.



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 Comfort | 110 € | 92 € |
| Single room Comfort Plus | 118 € | 99 € |
| Double room Comfort Plus | 110 € | 92 € |
| Single use | 158 € | 132 € |

House Undine, Hotel Christine

| | | |
|--|-------|-------|
| Single room Comfort (only House Undine) | 110 € | 92 € |
| Single room Comfort Plus | 118 € | 99 € |
| Double room Comfort Plus | 110 € | 92 € |
| Single use | 158 € | 132 € |

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
- Wifi in the room and in the lobby
- Computer access in the lobby
- 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
- 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
- All-day large selection of coffee and tea in the cafeteria/beverage vending machine



Double room Kurpark-Klinik*1



Single room Kurpark-Klinik*1



Rowing on Lake Constance



House Undine



Single room House Undine*1



Hotel Christine



Double room Hotel Christine*1

Kurpark-Klinik

Strandbadstraße 72

House Undine

Istres-Promenade 16

Hotel Christine

Strandbadstraße 62

D-78315 Radolfzell am Bodensee

Booking

+49 (0) 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 Anschluss-rehabilitation; 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 Comfort | 128 € | 110 € |
| Single room Comfort Plus | 136 € | 115 € |
| Double room Comfort Plus | 120 € | 105 € |
| Single use | 188 € | 160 € |

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

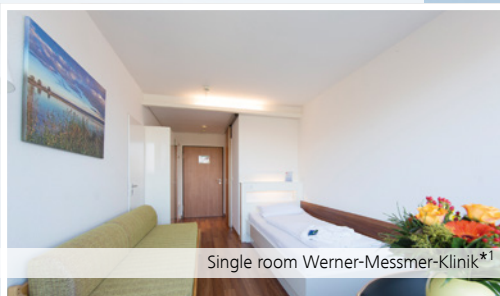
- VHB guest ticket (entitles you to using the local public transport network)
- Collection service at arrival and departure (station forecourt)
- Deck chairs
- Water dispenser
- Internet in the room and in the lobby
- Computer access in the lobby
- Using the tennis court on the therapy premises of the 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
- 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



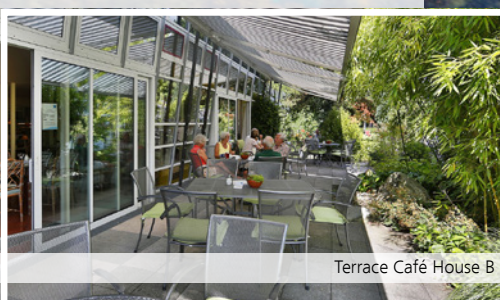
Single room Werner-Messmer-Klinik*¹



Double room Werner-Messmer-Klinik*¹



Foyer Werner-Messmer-Klinik



Terrace Café House B



House B with sunbathing lawn



Double room House B*¹

Strandbadstraße 80
D-78315 Radolfzell am Bodensee
Booking +49 (0) 7732 151-810
Email reservierung@mettnau.com

Hermann-Albrecht-Klinik

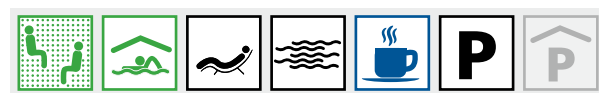
Hermann-Albrecht-Klinik is located right by Lake Constance and bordering a nature preserve. The modern house comprises 121 single and double rooms. The therapy premises and the bathing beach are just a few metres away. The Kurmittelhaus with swimming pools and gyms is in direct proximity



Rooms



House



Our prices apply
per person and day

Hermann-Albrecht-Klinik

| | Season 1 incl. full board | Season 2 incl. full board |
|--|------------------------------|------------------------------|
| Single room Comfort | 140 € | 115 € |
| Single room Comfort Plus | 157 € | 122 € |
| Single corner room Comfort Plus | 165 € | 130 € |
| Double room Comfort | 130 € | 110 € |
| Single use | 165 € | 145 € |
| Double room Comfort Plus | 150 € | 115 € |
| Single use | 185 € | 165 € |
| Single room Premium | 165 € | 130 € |
| Double room Premium | 150 € | 120 € |
| Double room Premium Plus | 160 € | 140 € |
| Single use | 185 € | 165 € |

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
- Bathrobe

Your free **services**

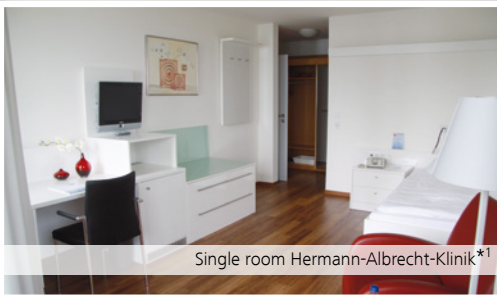
- VHB guest ticket (entitles you to using the local public transport network)
- Collection service at arrival and departure (station forecourt)
- Deck chairs
- Water dispenser
- Wifi in the room and in the lobby
- Using the tennis court on the therapy premises
- Using the sunbathing lawn and lake access 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

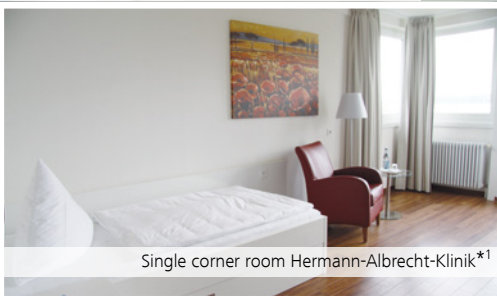
- Phone
- Bathrobe for rent (room Comfort)
- Washing machine and dryer
- Bicycle garage
- All-day large selection of coffee and tea in the cafeteria/beverage vending machine



Beach and sunbathing lawn Hermann-Albrecht-Klinik



Single room Hermann-Albrecht-Klinik*¹



Single corner room Hermann-Albrecht-Klinik*¹



Hermann-Albrecht-Klinik



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



House E with Strandcafé



Single room House E*¹

Strandbadstraße 106
D-78315 Radolfzell am Bodensee
Booking +49 (0) 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 Premium | 200 € | 165 € |
| Single room Premium Plus | 220 € | 175 € |
| Double room Premium Plus | 200 € | 160 € |
| Single use | 285 € | 225 € |

Villa Seehalde

| | | |
|---------------------------------|-------|-------|
| Single room Comfort | 165 € | 140 € |
| Double room Comfort | 150 € | 130 € |
| Single use | 215 € | 175 € |
| Double room Comfort Plus | 165 € | 140 € |
| Single use | 220 € | 180 € |

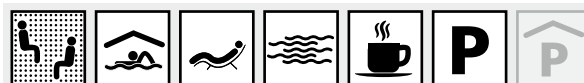
Apartment building Seehalde

| | | |
|------------------------------|-------|-------|
| Single room Apartment | 185 € | 155 € |
| Double room Suite | 180 € | 150 € |
| Single use | 255 € | 195 € |

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



Double room Klinik Seehalde*3



Terrace Klinik Seehalde



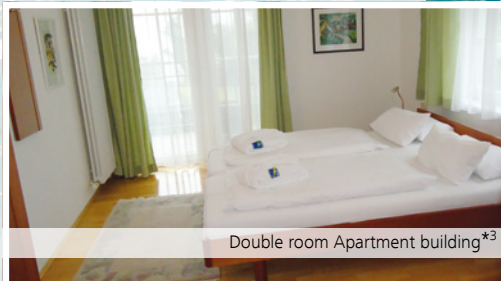
Villa Seehalde



Double room Villa Seehalde*3



Apartment building



Double room Apartment building*3

Scheffelstraße 14
D-78315 Radolfzell am Bodensee
Booking +49 (0) 7732 151-810
Email reservierung@mettnau.com



Medical services and prices

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 services and prices



Movement

Our therapy prices
apply per unit

| | | |
|---|-------------|---------|
| Movement therapy* | | 19,00 € |
| Water gymnastics | 30 min | 16,00 € |
| Stretching gymnastics | 30 min | 13,00 € |
| Ergometer training under ECG-monitoring | 30 min | 16,50 € |
| Breathing gymnastics | 30 min | 13,00 € |
| Archery 2 units (course price) | 2 x 90 min | 41,00 € |
| Archery free training | 60 min | 11,00 € |
| Sport rowing 3 units (course price) | 3 x 120 min | 87,00 € |
| Gait analysis (video-supported) | 90 min | 47,00 € |
| Pilates | 60 min | 18,00 € |
| Fascia training | 60 min | 18,00 € |
| Stand Up Paddling (course) | 90 min | 41,00 € |
| Acqua Cycling | 45 min | 17,00 € |

Relaxation

| | | |
|---------------------------------|--------|---------|
| Progressive relaxation training | 30 min | 16,00 € |
| Alternative relaxation training | 30 min | 16,00 € |
| Taiji/ gigong | 60 min | 18,00 € |
| Yoga | 60 min | 18,00 € |

Physiotherapy/occupational therapy/therapeutic exercise

| | | |
|---|------------------------|----------|
| Physiotherapy/therapeutic exercise – single | 30 min | 32,00 € |
| Occupational therapy | 30 min | 32,00 € |
| Pelvic floor exercises, 3 units (course price) | 90 min/ 60 min/ 75 min | 58,00 € |
| Back training | 60 min | 14,00 € |
| Osteopathic therapy / Craniosacral osteopathic therapy | 60 min | 92,00 € |
| 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 | 41,00 € |
| Weight training (HAK) – monitored and computer-supported – ticket for 6 units | 60 min each | 81,00 € |
| Weight training (HAK) – monitored and computer-supported – ticket for 10 units | 60 min each | 107,00 € |

Massages

| | | |
|--|-------------|---------|
| Partial massage | 15 min | 22,00 € |
| Large massage | 30 min | 32,00 € |
| Whole-body massage | 50 min | 54,00 € |
| Reflexology | 30 min | 41,00 € |
| Lymph drainage, large | 30 min | 32,00 € |
| Lymph drainage, whole | 50 min | 60,00 € |
| Hot stone massage | 60 min | 76,00 € |
| Lomi lomi massage | 60 min | 76,00 € |
| Acupuncture massage | 60 min | 86,00 € |
| Dorn therapy | 30 min | 32,00 € |
| Water pressure jet massage single card | 15 min | 7,00 € |
| Water pressure jet massage card for 6 units | 6 x 15 min | 35,00 € |
| Water pressure jet massage card for 12 units | 12 x 15 min | 55,00 € |
| Scar treatment | 30 min | 40,00 € |

Other therapeutic treatments

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

* 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 Tuesdays and Wednesdays | one week | two weeks | ext. week |
|------------------------------------|----------|-----------|-----------|
| 02.01.2018 – 28.02.2018 | 859 € | 1.599 € | 769 € |
| 06.03.2018 – 31.10.2018 | 979 € | 1.829 € | 889 € |
| 06.11.2018 – 19.12.2018 | 859 € | 1.599 € | 769 € |

Hotel Christine

| Arrival on Tuesdays | one week | two weeks | ext week |
|-------------------------|----------|-----------|----------|
| 02.01.2018 – 28.02.2018 | 859 € | 1.599 € | 769 € |
| 06.03.2018 – 31.10.2018 | 979 € | 1.829 € | 889 € |
| 06.11.2018 – 19.12.2018 | 859 € | 1.599 € | 769 € |

Werner-Messmer-Klinik

| Arrival on Mondays through Fridays | one week | two weeks | ext. week |
|------------------------------------|----------|-----------|-----------|
| 02.01.2018 – 28.02.2018 | 889 € | 1.679 € | 799 € |
| 01.03.2018 – 31.10.2018 | – | 2.039 € | 959 € |
| 01.11.2018 – 28.12.2018 | 889 € | 1.679 € | 799 € |

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 Tuesday and Wednesdays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 03.01.2018 – 28.02.2018 und 07.11.2018 – 19.12.2018 | 919 € | 1.699 € | 819 € |

Werner-Messmer-Klinik

| Arrival on Mondays through Fridays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 02.01.2018 – 28.02.2018 und 01.11.2018 – 28.12.2018 | 959 € | 1.779 € | 859 € |

Hermann-Albrecht-Klinik

| Arrival on Tuesdays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 02.01.2018 – 22.02.2018 und 06.11.2018 – 18.12.2018 | 1.019 € | 1.959 € | 959 € |

Klinik Seehalde

| Arrival on Wednesdays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 03.01.2018 – 28.02.2018 und 07.11.2018 – 19.12.2018 | 1.379 € | 2.579 € | 1.279 € |

Villa Seehalde

| Arrival on Tuesdays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 02.01.2018 – 27.02.2018 und 06.11.2018 – 18.12.2018 | 1.199 € | 2.259 € | 1.119 € |

Apartmenthaus Seehalde

| Arrival on Tuesdays | one week | two weeks | ext. week |
|--|----------|-----------|-----------|
| 02.01.2018 – 27.02.2018 und 06.11.2018 – 18.12.2018 | 1.319 € | 2.459 € | 1.239 € |

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 |
|------------------------------------|----------|-----------|
| 02.01.2018 – 28.02.2018 | 1.229 € | 849 € |
| 01.03.2018 – 31.10.2018 | 1.519 € | 949 € |
| 01.11.2018 – 28.12.2018 | 1.229 € | 849 € |

Hermann-Albrecht-Klinik

| Arrival on Wednesdays | one week | ext. week |
|-------------------------|----------|-----------|
| 02.01.2018 – 27.02.2018 | 1.299 € | 919 € |
| 06.03.2018 – 30.10.2018 | 1.599 € | 1.039 € |
| 06.11.2018 – 18.12.2018 | 1.299 € | 919 € |

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 |
|-------------------------|-----------|-----------|--------------------|
| 02.01.2018 – 27.02.2018 | 2.499 € | 829 € | 1.029 € |
| 06.03.2018 – 30.10.2018 | 2.909 € | 939 € | 1.069 € |
| 06.11.2018 – 18.12.2018 | 2.499 € | 829 € | 1.029 € |

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
- 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 |
|------------------------------------|-----------|-----------|
| 02.01.2018 - 28.02.2018 | 2.229 € | 1.019 € |
| 01.03.2018 - 31.10.2018 | 2.469 € | 1.119 € |
| 01.11.2018 - 28.12.2018 | 2.229 € | 1.019 € |

Hermann-Albrecht-Klinik

| Arrival on Tuesdays | two weeks | ext. week |
|-------------------------|-----------|-----------|
| 02.01.2018 - 27.02.2018 | 2.339 € | 1.089 € |
| 06.03.2018 - 30.10.2018 | 2.599 € | 1.229 € |
| 06.11.2018 - 18.12.2018 | 2.339 € | 1.089 € |



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 |
|-------------------------|----------|-----------|-----------|
| 02.01.2018 – 27.02.2018 | 1.069 € | 1.999 € | 999 € |
| 06.03.2018 – 30.10.2018 | – | 2.349 € | 1.099 € |
| 06.11.2018 – 18.12.2018 | 1.069 € | 1.999 € | 999 € |

Villa Seehalde

| Arrival on Tuesdays | one week | two weeks | ext. week |
|-------------------------|----------|-----------|-----------|
| 02.01.2018 – 27.02.2018 | 1.369 € | 2.469 € | 1.109 € |
| 06.03.2018 – 30.10.2018 | 1.569 € | 2.869 € | 1.309 € |
| 06.11.2018 – 18.12.2018 | 1.369 € | 2.469 € | 1.109 € |

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



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 |
|------------------------------------|----------|-----------|-----------|
| 02.01.2018 – 28.02.2018 | 949 € | 1.779 € | 859 € |
| 01.03.2018 – 31.10.2018 | 1.269 € | 2.129 € | 1.019 € |
| 01.11.2018 – 28.12.2018 | 949 € | 1.779 € | 859 € |

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 |
|------------------------------------|-----------|----------|
| 03.01.2018 - 28.02.2018 | 379 € | 107 € |
| 07.03.2018 - 31.10.2018 | 439 € | 127 € |
| 07.11.2018 - 19.12.2018 | 379 € | 107 € |

Werner-Messmer-Klinik und House B

| Arrival on Mondays through Thursdays | four days | ext. day |
|--------------------------------------|-----------|----------|
| 02.01.2018 - 28.02.2018 | 439 € | 127 € |
| 01.03.2018 - 31.10.2018 | 489 € | 142 € |
| 01.11.2018 - 31.12.2018 | 439 € | 127 € |

Hermann-Albrecht-Klinik

| Arrival on Tuesdays | four days | ext. day |
|-------------------------|-----------|----------|
| 02.01.2018 - 27.02.2018 | 449 € | 136 € |
| 06.03.2018 - 30.10.2018 | 519 € | 158 € |
| 06.11.2018 - 18.12.2018 | 449 € | 136 € |

Villa Seehalde

| Arrival on Tuesdays | four days | ext. day |
|-------------------------|-----------|----------|
| 02.01.2018 - 27.02.2018 | 519 € | 157 € |
| 06.03.2018 - 30.10.2018 | 599 € | 189 € |
| 06.11.2018 - 18.12.2018 | 519 € | 157 € |

Apartment building Seehalde

| Arrival on Tuesdays | four days | ext. day |
|-------------------------|-----------|----------|
| 02.01.2018 - 27.02.2018 | 569 € | 172 € |
| 06.03.2018 - 30.10.2018 | 659 € | 209 € |
| 06.11.2018 - 18.12.2018 | 569 € | 172 € |

Klinik Seehalde

| Arrival on Wednesdays | four days | ext. day |
|-------------------------|-----------|----------|
| 03.01.2018 - 28.02.2018 | 599 € | 182 € |
| 07.03.2018 - 31.10.2018 | 699 € | 219 € |
| 07.11.2018 - 19.12.2018 | 599 € | 182 € |

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 loyalty points at 50 EURO for your next stay (minimum stay one week).

The bonus can be redeemed by 31.12.2020.

*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 | 9,00 € |
| 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 |
|--|---|--|---|
| 77 € | 62 € | 62 € | 47 € |
| 77 € | 62 € | 62 € | 47 € |
| 87 € | 72 € | 72 € | 57 € |
| 87 € | 72 € | 72 € | 57 € |

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 |
|-----------|---------|---------|
| 9,00 € | 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 16,50 €. 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 (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.

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 or 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 69250035,
IBAN DE07692500350004144804

BIC SOLADES1SNG

Sparkasse Singen-Radolfzell.

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.