

# Thermal cure

## **Procedure to be followed, rates of reimbursement, and special cases.**

A thermal cure is a stay of not less than ten days and not more than 21 days at a specialist establishment providing treatment **under medical supervision using water taken from a spring before it has lost its biological and pharmacodynamic properties** which derive from its richness in ions and oligoelements. A stay in a paramedical centre approved by the national health authorities and specialising exclusively in the treatment of chronic illnesses can be considered to be equivalent to a thermal cure.

### Step 1 : request prior authorisation

At least six weeks before the anticipated date of commencement of the cure, get a **prescription** from a medical practitioner (who has no links with a cure centre) and a **detailed medical report** (drawn up within the last three months) explaining why the cure is necessary, that will include :

- the patient's medical history and details of treatments undergone during the previous year for the medical condition for which the cure is necessary; it must describe the most recent developments in the patient's condition and explain the medical grounds for prescribing the cure
- the duration of the cure, the nature of the thermal treatment to be followed and the type of establishment in relation to the disorder in question, bearing in mind that only a centre approved by the national health authorities may be considered.

If applicable, join the medical prescription of the accompanying person.

Scan all these documents into the software [JSIS online](#) along with a request for [prior authorisation](#).

If you don't have access to [JSIS online](#), please follow the traditional procedure. Fill in a [request for prior authorisation](#). Don't forget to attach all the original documents. Send everything in a sealed envelope to your Settlement Office (the correct address is on the form).

## Step 2 : claim reimbursement

As soon as the authorisation is granted, you can proceed with the cure. Only then can you claim reimbursement. Don't forget to attach the **detailed invoice**.

Send everything to your settlements office.

## Conditions for reimbursement

To qualify for reimbursement, the cure must :

- be authorised in advance by the Settlements Office after consulting the Medical Officer and take place in a centre approved by the national health authorities
- include at least two appropriate treatments a day and may not be interrupted, except on presentation of a certificate from the establishment's doctor in support of the interruption on medical grounds or for urgent family reasons (death or serious illness of a family member, etc.).

Authorisation for a cure is limited to :

- one cure a year, up to a maximum of eight cures in the lifetime of the beneficiary, for each of the following categories of pathology :
  1. rheumatism and sequellae of trauma to bones or joints
  2. phlebology and cardio-arterial diseases
  3. neurological diseases
  4. disorders of the digestive tract and related structures, and metabolic disorders
  5. gynaecological disorders and disorders of the kidneys and urinary tract
  6. dermatology and stomatology
  7. diseases of the respiratory tract
- one cure a year provided that it is taken in connection with the treatment of a serious illness or in the case of severe psoriasis which does not respond to conventional treatment.

The authorisation for a thermal cure can be renewed in the case of a relapse.

## Rates of reimbursement

- costs of care : reimbursed at the rate of 80%, with an overall ceiling of €64 a day (in the case of serious illness : 100% with a ceiling of 80€ per day)

- costs of stay for an accompanying person : may be reimbursed, subject to a medical prescription and prior authorisation, at a rate of 85%, with a ceiling of 40€ per day :
  - for a family member staying in the same room, or within the establishment offering the cure, if the person following the cure is under the age of 14 or requires special family assistance because of the nature of the condition or on duly substantiated medical grounds
  - for a child who is being breastfed and has to accompany its mother on the cure.

In all other cases the accommodation costs of an accompanying person are not reimbursed.

#### Not reimbursable

The following are not reimbursed as part of a cure :

- travel expenses
- board, lodging and meals
- costs ancillary to treatment
- treatments which are not eligible under the joint rules, such as :
  - sea, lake and/or sand baths
  - thalassotherapy
  - sauna, solarium,
  - non-medical massages, fitness sessions, yoga sessions, reflexology, shiatsu and similar treatments
  - tests, examinations and other services not directly related to the disorder concerned
  - treatments using thyme or mistletoe extracts
  - ozonotherapy, oxygenation
  - own blood treatment
  - procaine and any other similar treatment or product.

Are not considered to be thermal cures qualifying for reimbursement :

- cures such as thalassotherapy
- fitness cures.