

myStep. Turns steps into a bonus. Rewards your physical activity.

myStep, an offer within the myCSS client login portal, uses electronic activity trackers to encourage people to take more exercise and inspire them to enjoy their health. The steps taken are synchronised with the myStep account in the myCSS portal, where they can be accessed by users. And: every step counts. Every step target achieved will be rewarded through the Health Account.

Collecting steps

The step bonus can be enjoyed by all insured persons who have a Health Account and take part in myStep. The steps can be transmitted automatically.

CHF 0.40 will be credited for every day in which 10,000 or more steps are transmitted to the user's personal myStep account. CHF 0.20 will be credited for 7,500 to 9,999 steps a day.

The maximum step bonus that can be earned per calendar year is CHF 146 (365 days at CHF 0.40).

Drawing step contributions

The balance available in the Health Account (under «Fitness» offers) on the settlement date determines eligibility to receive a bonus. You can find information on the Health Account at www.css.ch/healthaccount.

Insured persons who are registered on myCSS and have opted to have their client documentation, such as benefit statements, delivered exclusively in electronic form (the «Portal» dispatch type) will get their steps paid out monthly, (beginning in September 2016). Insured persons who have chosen the «Post» dispatch type (i.e. client documentation is supplied additionally in paper form) will receive the payout on a semi-annual basis, (beginning in January 2017).

Choosing an activity tracker

Manufacturers of compatible activity trackers with myStep are shown in www.css.ch/mystep. However, you will have to set up an account with the manufacturer before you are able to synchronise steps with myStep.

Advantages of myStep

- Step bonus for every day
- Transparent, up-to-date step information in your personal myStep overview
- Easy to use, automatic step synchronisation
- Users can sign up for myStep – or opt out – at any time, free of charge

Attractive added value

Insured persons with a Health Account Bonus will receive a credit of CHF 50 towards their activity tracker for every three calendar years that they have been insured with CSS. The credit will be made the first time that steps are synchronised in the eligible calendar year.



Information via:

myCSS hotline: 0844 277 397*
Monday to Friday, 8.00 – 18.00
mysupport@css.ch
www.css.ch/mystep

*Telephone charges vary according to provider

myStep. Signing up and next steps.

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Signing up and synchronising

Step 1	Get a compatible activity tracker. Create an account with the manufacturer of your chosen activity tracker (if you don't already have one)
Step 2	Register in the myCSS client login portal (my.css.ch) as a user (if you have not already done so)
Step 3	Sign up for myStep on myCSS and activate the automatic synchronisation of your step count between the manufacturer's account and your myStep account
Step 4	Your account with the manufacturer will then be connected to your myStep account
Step 5	Once the activity tracker has connected successfully, the step count will be synchronised with the myStep account automatically every night, and displayed in the myStep overview. Only the steps that the user has transmitted to the manufacturer's portal will be synchronised with myStep

How it works and settlement

Synchronised steps which have been recorded up to three months prior to the settlement period (monthly or semi-annually) will be taken into account.

As the length of time for which data is stored varies depending on the manufacturer, we recommend synchronising your tracker with the manufacturer's account on a regular basis.

myStep also works abroad. If your steps cannot be synchronised while you are abroad, for example because you do not have wireless access, then this will happen automatically as soon as the tracker data is synchronised between the manufacturer's account and your myStep account when you get home.

Up-to-date myStep data, such as step counts or entitlement to a step bonus, can be viewed in your myStep account at any time.

Opting out

myStep is a meaningful contribution to maintaining your health. However, you can opt out at any time. After opting out, no further step data will be transmitted to myCSS.

Data protection

The step counts are used for the display in your personal myStep overview, to calculate your step bonus and for marketing purposes. Data can be used within CSS for the purpose of creating offers. Under no circumstances will it be disclosed to third parties.

Technical problems?

If you cannot sign up for myStep, the myCSS hotline will help. If you experience technical difficulties when installing the activity tracker in the manufacturer's account, you should call the manufacturer's hotline. The same applies to technical questions regarding the activity tracker and the manufacturer's account in general.

The conditions of participation that apply can be found at myStep in the myCSS client login portal.