



*We strengthen
regional connectedness!*

Contact →

Information for companies, municipalities,
and social institutions

RegioHealth Network – the network for occupational,
community, and individual health promotion and care

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✉ info@regiohealth.net

🌐 regiohealth.net





The RegioHealth Network connects the independent companies and organisations working under this umbrella, supporting each other and their services.

Find the right offer for your company!

External occupational health

In-house health programs

Online health programs

Municipal consulting

Care consulting

Training, further education & professional development

INHALT

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GesundheitsTicket GmbH organizes external occupational health for companies, municipalities, health regions, and social insurance providers through a nationwide network of certified health partners.

Target group

Companies with:

- decentralized structures
- home office
- field staff and shift work

Employers choose between GesundheitsTicket and GesundheitsTicket Plus, load a tax-free budget, and receive comprehensive communication packages to inform and motivate employees about health.

Employees can participate in health programs with network partners outside the company and pay for the offers in the HealthVoucher shop using their GesundheitsTicket budget.

Benefits

- ✓ Increased employee motivation and retention through appreciative and supportive offers and benefits
- ✓ Strengthening the company's regional connectedness through local health networks
- ✓ Greater attractiveness of the employer when recruiting new employees and specialists
- ✓ Development of holistic workplace health management
- ✓ Support in reintegration processes (BEM) and in developing mental health programs

Over 13,000 health partners nationwide in Germany



Mental health
Mindfulness, meditation, resilience



Healthy nutrition
Prevention courses online, hybrid, on-site



Physiotherapy & massages
Gym & club sports



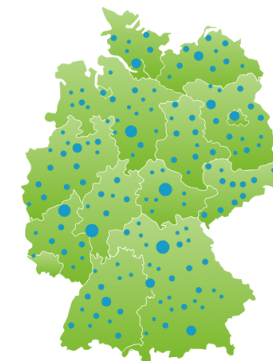
Sports & exercise courses
Competitions & runs



Health days at the company
in cooperation with

FEELGOOD
Gesunder Betrieb

die wohlfühler
Akademie



Network development

We strengthen regional and social connectedness by networking local health service providers, companies, and employees.

Through our acquisition efforts and employee recommendations, new providers join our health partner network every month.

Please send us your recommendation by email or via our online form on our website at:

Gesundheitsticket.de/info/mitarbeiter/empfehlungsmanagement



 Gesundheitsticket.de

§ 8 para. 2 EStG – 50 EUR/month/employee tax- and social security-free

applies to all offerings in our service catalog, such as:

- Sports and health courses
- Online programs
- Massages and physiotherapy
- Naturopathic services
- Gym and sports clubs
- Swimming pool entries, etc.
- Voucher management

GesundheitsTicket Plus

§ 3 no. 34 EStG – 600 EUR/year/employee tax- and social security-free

- applies to certified preventive programs according to the GKV prevention guidelines
- open and ongoing courses and preventive courses in the fields of relaxation, exercise, nutrition, and addiction

GesundheitsTicket

Flat-rate taxation of expenses (according to § 37b EStG at 30%)

GesundheitsTicket Plus

Our service fees:

Service fee I = 11.5% of the total budget

Service fee II = 6.5% of the budget used during the year, determined with the year-end settlement

Important: Unused budget will be refunded or carried over to the following year!

We are happy to advise you!

☎ 030 - 577 025 650

✉ info@gesundheitsticket.de

[Gesundheitsticket.de](https://www.gesundheitsticket.de)



HealthVoucher Vouchers

are health-promoting benefits that actively support employees' health activities and preventive care.

Target group

Companies with:

- decentralized structures
- home office
- field staff and shift work

Der HealthVoucher Shop

-  FITNESS & EXERCISE
-  SPORTS & FITNESS EQUIPMENT
-  TRAVEL & RETREATS
-  MENTAL HEALTH FOR MIND & SOUL
-  HEALTH CONSULTING
-  PREVENTIVE CARE & CHECKUPS
-  GIVING HEALTHVOUCHERS
-  ADDICTION RECOVERY
-  NUTRITION & SUPPLEMENTS

Mehrwert

- ✓ • Increased employee motivation and retention through appreciative and supportive offers and benefits
- ✓ • Companies pay only the voucher value
- ✓ • Issuing and sending HealthVoucher vouchers is free

Employee benefit for greater health and joy of life!



DECATHLON VOUCHER

The DECATHLON voucher is the perfect gift for all sports enthusiasts and outdoor fans!

to the offer >



AKON Preventive Travel

Certified health courses in selected star-rated hotels in the most beautiful regions of Germany and Europe

to the offer >

Financing and offers

§ 8 para. 2 EStG – up to 50 EUR/month/employee tax- and social security-free

§ 19 EStG Income Tax Guidelines LStR R 19.6 – tax-free gifts up to 60 euros for personal occasions

Flat-rate taxation of expenses (according to § 37b EStG at 30%)

HealthVouchers can be used as a payment method in the nationwide network of over 13,000 health partners in the HealthVoucher shop



 [Healthvoucher.de](https://www.healthvoucher.de)

Type of Ticket	Tax Classification / Financing	Billable Services
GesundheitsTicket Workplace Health Promotion 	The budget is topped up by the employer and is tax-free and exempt from social security contributions for employees up to €600 per year under § 3 No. 34 EStG. Costs: Service fees for employee support and comprehensive communication and activation package. Contract duration: Usually 1 year. Remaining balance will be refunded to the employer.	• For prevention offers according to the Prevention Guide of the GKV and certification by the Central Prevention Testing Center (ZPP) • For open, ongoing courses whose course content is developed in the action fields relaxation/stress management, exercise, nutrition, and addiction, according to the Prevention Guide (as of September 2021), Chapter 6 (Workplace Health Promotion according to §20b SGB V) and Chapter 7 (Digital Prevention and Health Promotion).
GesundheitsTicket Plus Workplace Health Promotion 	The budget is topped up by the employer and is tax-free and exempt from social security contributions for employees up to €50/month according to § 8 Abs. 2 EStG and for public employers according to § 18a Abs. 2 TVöD. Costs: Service fees for employee support and comprehensive communication and activation package. Contract duration: Usually 1 year. Remaining balance will be refunded to the employer.	Alle angemeldeten Leistungen können abgerechnet werden, u.a.: • eine Vielzahl von Sport- und Gesundheitskursen • Mediations- und Stressbewältigungskurse • Massagen und Physiotherapie • Heilpraktikerleistungen und alternative Heilmethoden • Monatsabonnements in Fitnessstudios und Sportvereinen • Eintritte in Schwimmhallen etc. • Aus- und Weiterbildungen
HealthVoucher GesundheitsGutschein Health-promoting Benefits 	• The budget is topped up by the employer and is tax-free for employees up to €50/month under § 8 Abs. 2 EStG. • HealthVoucher health vouchers can also be provided tax-free either as a benefit up to €50/month under § 8 Abs. 2 EStG or as a non-cash benefit up to €60 per month for personal occasions according to § 19 EStG (Income Tax Guidelines LStR R 19.6)(www.healthvoucher.de). Costs: No issue costs for the employer. Regular newsletter for employee activation. Validity: HealthVoucher: 3 years. Unused budget expires after three years.	All registered services can be billed, including: • A wide variety of sports and health courses • Meditation and stress management courses • Massages and physiotherapy • Naturopath and alternative medicine services • Monthly subscriptions to fitness studios and sports clubs • Admission to swimming pools, etc. • Training and further education • Prevention courses • Sports equipment • Fitness vouchers • Health coaching • Health check-ups

The **Wohlfühler Akademie** works hand in hand with GesundheitsTicket GmbH to organize accompanying and supplementary measures for internal workplace health promotion.

Target Group

Companies that wish to support the health of their employees through in-house offerings directly.

Services

- Health days, seminars, and workshops
- Training on workplace ergonomics, burnout prevention, vision training, etc.
- Prevention courses and motivational events within the company
- Training for executives, employees, and trainees
- Workplace massages and check-ups

Added Value

- ✓ Workplace Health Management (WHM) and Workplace Health Promotion (WHP) consulting
- ✓ Development of health strategies tailored to employee needs
- ✓ Development of measures to reduce absenteeism
- ✓ Development of communication and participation processes



Financing

The financing of in-house health measures usually consists of regular expenses, which can be paid, for example, from training and continuing education budgets.

Prevention courses can be tax-free and exempt from social security contributions for employees, up to a maximum of €600 per year, according to § 3 No. 34 EStG. Frequently, statutory health insurance funds also (co-)finance most of our programs.

According to § 19 EStG Income Tax Guidelines LStR R 19.6, tax-free benefits of up to €60 may be provided for personal occasions.

Flat-rate taxation of expenses (according to § 37b EStG) is possible at 30%.



RegioHealth Akademie – Our events empower you – as an individual, as a team, and as an organization.

We are committed to providing holistic and supportive education in the areas of health prevention, caregiving, and social participation.

Workshops, Fort- & Weiterbildungen

Suche nach Veranstaltung...

Heute < > Oktober, 2025

Oktober 2025

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29 30 1 2 3 4 5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30 31 1 2

3 4 5 6 7 8 9

Kommende Veranstaltungen

November 2025

11 NOV um 11:00
Kostenlos
Online-Workstattgespräch:
Feedback trifft Zukunft:
Einladung zur Ideenschmiede
Offen 100 Freie Plätze

11 NOV um 11:00
Kostenlos
Online-Workstattgespräch
Online Offen 98 Freie Plätze

18 NOV um 09:00
€30,00
Online-Workshop: Das
Einmaleins der Medienhygiene
Online Offen 21 Freie Plätze

19 NOV um 15:00
Kostenlos
Online-Webinar: Ich habe
Fragen zum GesundheitsTicket
und HealthVoucher
Online via Zoom Offen 89 Freie Plätze

25 NOV um 16:00
Kostenlos
Online-Webinar: Mit Wissen &
Wandern Burnout verhindern
Offen 100 Freie Plätze

For work, Health, & Society

- Kurse, Seminare und Workshops,
- Courses and seminars on healthy eating, burnout prevention, smoking cessation, Seminars, care advice for family caregivers ... and much more

Workshops & Seminare und Gesundheitstage

Suche

Filter nach Dozent*innen

Alle

Gesundes Unternehmen

Gesundes Führen

Mentale Gesundheit

Schulungen zur Pflege

Gesundheitstage

Präventionskurse

Berufliches Wachstum

Inneres Wachstum

Kontaktieren Sie uns
veranstaltung@regio-health.de

Verfügbar - 26 Angebote

Gesund führen - sich und andere
6h 1
Dozent*innen Weiter

Burnout Prophylaxe
8h 5/25
Dozent*innen Weiter

Angebot

Mentale Gesundheit
12h 10/30
Dozent*innen Weiter

Angebot

Mentale Gesundheit
6h 6/15
Dozent*innen Weiter

Angebot

Angebot



RegioHealth Kommune supports municipalities, organizations, associations, and companies in developing health-promoting structures.

*Your experts for
quality of life and health*

Target groups

- **Companies** interested in an inter-company and community-based approach to improving the motivation and health of their employees
- **Counties, municipalities, economic development agencies, schools, companies, and organizations** are committed to promoting health, health education, and improving the quality of life of citizens

Added Value

- ✓ The development of regional health promotion network structures involving local authorities (Health departments, Economic development agencies, etc.), social insurance providers, and other stakeholders
- ✓ Knowledge transfer through training courses and information formats on relevant occupational and municipal health and personnel topics
- ✓ Moderation of symposiums, Health conferences, and similar events

RegioHealth Kommune

- agile consulting approach with sustainable strategy development, implementation, and evaluation
- comprehensive moderation and organizational skills in supporting a wide variety of processes in systems and organizations
- lively participatory processes such as conferences and citizen/employee surveys
- many years of consulting and development experience in projects and structures, from municipal to international level
- proven methods that enable us to provide long-term support even for large, complex projects



RegioHealth.news is our health portal for information and news on regional and national health topics, health projects, and health services.

RegioHealth.news is a target group-oriented information site for companies, local authorities, health managers, HR staff and their employees, and anyone interested in health topics.

Target groups

- **For employees and GesundheitsTicket holders** who want to find out more about health topics and regional health services from our partner network
- **For employers and HR staff** who want to stay up to date on current topics, health policy, and developments within our network

Added Value

- ✓ Free communication tool for employee health education
- ✓ Webinars and online workshop discussions on health topics such as mental health, nutrition, health and fitness, caregiving, and supraregional health issues

RegioHealth.news



HEALTH SERVICES
Regional and national healthcare services from the partner network of GesundheitsTicket and HealthVoucher



EDUCATION
New health trends and old wisdom for a healthier life



HEALTHY COMMUNITY
Information on municipal health issues



CARE
Information about care and balancing family and career



GOOD NEWS
Selected regional, national, and global health news



KNOWLEDGE
Practical health information on prevention, care, and well-being in everyday life



Rebalanced Athlete
99,00 €

HEALTHYFIT ONLINE COURSE
Free Medisana body analysis scale worth €69.95!

About the offer 

Regiohealth.news/offer/online-fitnesskurs-healthy-fit-plus-medisana-bs-444-koerperanalysewaage-im-wert-von-69-95-als-geschenk-dazu



REGIOHEALTH RETREATS
Price depending on offer

HEALTH TRAVEL & RETREATS
Rest and relaxation, throughout Germany and abroad

About the offer 

Regiohealth.news/offer/neue-reiseangebote-und-retreats-fuer-unsere-ticketinhaber-innen



Stay informed!

Subscribe to newsletter 



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