

# Cures for mothers and fathers

Mothers and fathers are entitled to a mother/father-child measure under certain conditions vis-à-vis their health insurance fund.

## Competent Department

- [Ihre zuständige Krankenkasse](#)

## Basic information

A mother/father-child measure is an inpatient medical treatment for mothers and fathers who have health problems or are at risk due to their family situation. The measure can also be taken by mothers or fathers alone.

The measure is carried out in a facility of the Müttergenesungswerk or a similar facility. You will also live there during the treatment, which is geared to the needs of mothers and fathers based on their individual stress situation.

The facility is selected by your health insurance company, which must, however, take your wishes into account as far as possible.

The mother/father-child measures usually last three weeks, for children under 14 years four to six weeks. They can be repeated at the earliest after a period of four years. If there is a justified medical need, an extension or a renewed benefit can be applied for.

## Requirements

The mother/father-child measure must be prescribed by a physician. The application and prescription go to the health insurance company for review and approval and are reviewed by the Medical Service if necessary.

## What documents do I need?

- The mother/father-child measure must be prescribed by a physician

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# Procedure

Check with your health insurance provider.

## Legal bases

- [§ 41 Fünftes Buch Sozialgesetzbuch \(SGB V\)](#)

## What deadlines must be paid attention to?

Mother/father-child measures can be repeated after four years at the earliest, unless medically necessary.

## How long does it take to process

The health insurance fund must decide on an application for benefits promptly:

- at the latest by the end of three weeks after receipt of the application, or
- if an expert opinion, in particular from the medical service, is obtained, within five weeks of receipt of the application.

## What are the costs?

Insured persons who have reached the age of eighteen and are taking advantage of a mother/father-child measure pay 10.00 euros per calendar day to the institution, which forwards the payments to the health insurance fund.

If you have little or no income, you can be exempted from the co-payment upon application. Please contact your health insurance company for this.