

Attentive Care



«As individual as each disease course is, the medical care must also be individual.»

Dr. med. Uwe Grommas
Head of Cardiological Rehabilitation &
Vice Medical Director

Medical Fields

The interdisciplinary range of treatment extends from diagnostics and therapy to prevention and rehabilitation. Individuality is very important to us. Drawing on this interdisciplinary range of treatments, we will develop a customised therapy plan for you.



Cardiology
Rehabilitation



Psychosomatic
Rehabilitation



Orthopaedic
Rehabilitation



Physiotherapy &
Sports Medicine



Check-ups &
Prevention

Diagnostics & Therapies

- Anxiety disorders
- Depressions
- Burnout therapy
- Burnout prevention
- Chronic fatigue syndrome
- Stress management & coaching
- Cardiac screening
- Heart failure
- Psychocardiology
- Vascular screening
- Blood screening & 24-hour blood pressure monitoring
- Full medical check-ups & screenings
- Check-up prevention programmes
- Sport check-ups
- Pulmonary function test
- Medical therapies for postoperative complaints
- Water therapy in the therapy bath
- Physiotherapy
- Pain relief
- Dietary advice
- Digital detox
- Smoking cessation
- Sleep diagnostics

Prevention Programme

Burnout is omnipresent. Busy lives and demanding jobs are a real challenge for many people. The tailor-made prevention programmes of the Oberwaid attack the causes of stress consequences such as sleep disorders, weight gain, social withdrawal, exhaustion and a lack of physical activity at the root. Our programme

enables you to recognise stress symptoms at an early stage and provides you with strategies to effectively avoid symptoms of overload, such as burnout.

The prevention programme is created according to your individual needs from the four possible modules.

Module 1

«Restful Sleep»

Are you familiar with the exhausting feeling of sleepless nights? Persistent lack of sleep is often a symptom of chronic stress. The «Restful Sleep» module will help you to escape the vicious circle of stress and the resulting insomnia.

Module 2

«Lighter Living»

You want to sustainably lose weight and eat healthier? Then take advantage of the «Lighter Living» concept offered as part of the Oberwaid Prevention Programme. You will learn what it means to cook healthy and to eat with relish and serenity. All too often, stress and unsolved problems are compensated for with unhealthy eating rituals.

Module 3

«Digital Detox»

Is your smartphone your constant companion? Do you get nervous when your smartphone isn't close by? Permanent availability is a common source of stress. The «Digital Detox» module will show you the way to reduce this stress factor and increase your well-being and performance.

Module 4

«Relaxing Movement»

Do you do too much or too little sport? Both are unhealthy and lessen your capacity to confidently deal with stress. With the additional module «Relaxing Movement», you learn how to do the right amount of sport to make the most of its relaxing and healthy effects.

Your Stay

The stay includes:

- Medical services and examinations
- 24/7 medical care in the house
- Accommodation in a superior single room
- Full board (tailored to your individual requirements)
- Free access to the Tau Spa, indoor pool & gym
- Complimentary water, tea and coffee in the guest lounges
- Free parking in the underground garage
- Fast WIFI throughout the hotel
- Mobility ticket for public transport in St. Gallen

Module according to choice

7 Days	from CHF 3175 per person
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14 Days	from CHF 5950 per person
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21 Days	from CHF 8725 per person

The price information is a non-binding guideline for self-payers without Swiss health insurance. We will be pleased to advise you.