

# Alternative Health Care Programs

*Under the Alternative Health Care Programs, Aetna\* members may access discounted rates from certain providers for products and services available to the general public. Products and services available under these programs are not covered benefits under your plan but are in addition to plan benefits. As such, program features are not guaranteed under your health plan contract and could be discontinued at any time. We do not endorse any vendor, product or service associated with these programs. Program providers are solely responsible for the products and services you receive.*

**Our Alternative Health Care Programs help you save on a variety of alternative approaches to preventive care and the maintenance of good health — from chiropractic services to vitamins, nutritional supplements and other health-related products. Take a look at what these programs have to offer.**

\*“Aetna” is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. This program is provided in conjunction with benefit coverage plans that are underwritten or administered by Aetna Life Insurance Company.

\*\*Refer to your plan documents for additional chiropractic and acupuncture benefits that may be available to you under your medical plan.



## An Alternative Approach To Maintaining Good Health

### Natural Alternatives

Through this special discount program, you can take advantage of many alternative health-related services\*\* from chiropractors, acupuncturists, massage therapists and nutritional counselors — all at reduced rates.

**There are four basic types of services available:**

TYPE OF SERVICE	ESTIMATED FEE
<b>Chiropractic Manipulation</b>	\$30 per manipulation visit
<b>Acupuncture Therapy</b>	\$30 per acupuncture therapy visit
<b>Massage Therapy</b>	\$20 per 1/2-hour visit, or part thereof
<b>Nutritional Counseling Services</b>	\$20 per 1/2-hour service, or part thereof

The program is easy to use. To find a participating provider near you, check out our website at [www.aetna.com](http://www.aetna.com), or call the Member Services number on your ID card. A schedule of Natural Alternatives services and fees will be sent out with the provider list. You can use any participating Natural Alternatives provider at any time, subject to provider availability, without referral or prior authorization from Aetna.



### Here's how to take advantage of the program:

1. Confirm that the service you want is available through Natural Alternatives.
2. Call the provider of choice directly to schedule an appointment.
3. Pay the discounted fee directly to the provider when the service is received. Because this is a discount program, there is no need to file claims.

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## Vitamin Advantage™ Program

Through the Vitamin Advantage program, you can save on over-the-counter vitamins and nutritional supplements purchased through participating vendors.

## Natural Products

You can also save on many health-related products, including aromatherapy, foot care and natural body care products.

For health-related products available through the Vitamin Advantage and Natural Products programs, you can place orders in four ways: mail, telephone, fax or through our website, [www.aetna.com](http://www.aetna.com).



## Important Information

For up-to-date, detailed information about our Alternative Health Care Programs, you can always call Member Services at the number on your ID card. You can also visit [www.aetna.com](http://www.aetna.com). There, you'll find a list of participating providers, vendors and the latest additions to our product list. Visit our website often ... these programs are growing.

If you need this material translated into another language, please call Member Services at 1-800-323-9930. Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-800-323-9930.

The Alternative Health Care Programs are rate-access programs and may be in addition to any plan benefits. Program providers are solely responsible for the products and services provided thereunder. Aetna does not endorse any vendor, product or service associated with these programs. Discounts offered hereunder are not insurance. Program providers are independent contractors in private practice and are neither employees nor agents of Aetna or its affiliates. Aetna does not recommend the self-management of health problems, nor do we promote any particular form of medical treatment. You should consult your health care provider for the advice and care appropriate for your specific medical needs. This material is for informational purposes only and is neither an offer of coverage nor medical advice. It contains only a partial, general description of plan benefits or programs and does not constitute a contract. Aetna does not provide health care services and, therefore, cannot guarantee any results or outcomes. The availability of a plan or program may vary by geographic service area. While this material is believed to be accurate as of the print date, it is subject to change. This material is for use by self-insured HMO-based members/plan sponsors and for use with fully-insured Aetna Life Insurance Company medical products only.