

# Alternative Medicine



## DESCRIPTION

Over 37% of adults have used some form of alternative medicine. Members save 10% to 30% on health and wellness needs with over 40 specialties and 43,000 practitioners nationwide. Whether they need to reduce stress, relieve migraines or quit smoking, alternative medicine can help.

- Acupuncture
- Massage Therapy
- Nutritional Counseling
- Biofeedback
- Hypnotherapy
- Reflexology and more
- Popular exercise and movement specialties such as Yoga, Tai Chi and Pilates

## HOW IT WORKS

1. Members call the number listed on the back of the membership card or visit our website to find participating providers in their area.
2. Members call the provider to schedule an appointment and present the membership card at the time of visit to receive a discount on the cost of services rendered.
3. There are no limits on the number of times members may use this benefit throughout the membership year.

## FAQ

### **What is Alternative Medicine?**

Alternative Medicine includes healing or treatment methods such as acupuncture, homeopathy, herbal medicine and more. These methods are not included in the traditional U.S. medical curricula.

### **Why is Alternative Medicine needed?**

Many patients find alternative medicine has a great deal to offer, especially for treating chronic conditions where traditional medicine is not as effective. The majority of patients do not see traditional and untraditional treatments as mutually exclusive and make informed, personal choices to integrate both.

### **What kind of problems does Alternative Medicine deal with?**

Alternative Medicine is used to treat a variety of physical and emotional issues from back problems and anxiety to cancer and tumors.

### **How much can I save with this benefit?**

The discount depends on the provider you choose. Providers offer discounts of 10% to 30% off their standard rates. Discounts cannot be combined with any other promotions. After you choose a provider, you should call the provider's office and ask what the discounted rate is.

### **How many times can I use the Alternative Medicine benefit?**

There is no limit to the amount of times this benefit can be used.

## **BENEFIT PROVIDER BACKGROUND**

Tivity Health® is a leading provider of fitness and health improvement programs, with strong capabilities in developing and managing network solutions. Through its existing networks, SilverSneakers® – the nation's leading fitness program for older adults, Prime® Fitness, flip50™ and WholeHealth Living™, Tivity Health is focused on targeted population health. Our portfolio of brands touches millions of consumers across the country as well as hundreds of health care practitioners and many of the nation's largest payers and employers.

WholeHealth Living Choices® is the nation's leading complementary and alternative medicine (CAM) and discount network. WholeHealth Living Choices partners with health plans to offer members access to more than 35,000 providers, discounts and more than 35 CAM specialties, which may include: chiropractic, acupuncture, massage therapy, nutritional counseling, yoga, Pilates, personal trainers, mind/body therapies, spas, fitness locations and more.

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