



ALTERNATIVE MEDICINE

DESCRIPTION

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

- Acupuncture
- Massage Therapy
- Chiropractor
- Biofeedback
- Hypnotherapy
- Reflexology and more
- Popular specialty movement and exercises such as yoga, Tai Chi and Pilates

HOW IT WORKS

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

IMPORTANT INFORMATION

Tivity (formerly known as Healthways WholeHealth Networks) is the nation's leading Complementary and Alternative Medicine (CAM) company. Tivity offers a network of over 16,000 providers and more than 35 CAM specialty programs, including: chiropractic, acupuncture, massage therapy, nutritional counseling, yoga, Pilates, personal trainers, mind/body therapies, spas, fitness centers and more. In addition to network management, the company also provides eligibility verification, utilization management, data reporting, credentialing, claims processing, provider relations and member services. Network practitioners are supported through the company's professional website, and members receive information and resources through Tivity's award-winning member education website. Today, Tivity is dedicated to serving more than 47 million members through collaborative relationships with health plans and providers nationwide.