

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna®



## Save on acupuncture, massage therapy and more **Natural Products and Services Discounts**

### **Save on a natural path to good health**

Here's a way to take advantage of services and products that health plans may not cover.

With natural products and services discounts, you can save on massage therapy, over-the-counter vitamins, online provider consultations and so much more.\*

And the discounts are easy to use. There are no referrals, no claims forms and no limits on how many times you can save.

### **You get these discounts at no extra cost**

They are available to you as part of your Aetna health benefits and insurance plan. Family members may be able to take advantage of them, too.

Plus, it's easy to get started. Once you're an Aetna member, just log in to your secure member website at [www.aetna.com](http://www.aetna.com) to start saving.

**Discounts that can help you relax,  
recharge and save.**

\*If your plan covers any of these services, figure out your plan costs before using these discounts. You could pay less that way.

## Save on natural therapy services

Get a discount off the normal fee for these services through the ChooseHealthy® program\*:

- Massage therapy, to release tension and improve circulation
- Acupuncture, to heal areas of pain or stress with the use of needles
- Chiropractic, to ease neck and back pain by adjusting the spine
- Nutrition services, for advice from registered dietitians on the foods you should eat

Find a participating practitioner at [www.aetna.com](http://www.aetna.com). Then take your Aetna ID card to your appointment for savings on the spot.

## Save on health and wellness products

Get discounts on:

- Over-the-counter vitamins
- Herbal and nutritional supplements
- Aromatherapy products
- Natural body care products
- Yoga equipment and more

You get a discount off the retail price on the ChooseHealthy website. Free standard shipping, too.

## Get medical consultations online — and save

Doctors in the Vital Health Network can help you enhance your body's ability to prevent disease by using its *natural* powers.

You get:

- Advice on natural remedies for joint pain, allergies, headaches and many other conditions
- Secure messaging with a Vital Health Network doctor on the topic you choose
- A discount off the retail price of your first online consultation, then an additional discount for each one after that

To start your consultation, just choose a condition and answer a few questions. After you connect with the doctor online, you'll get a customized treatment plan for healthy living.

**Save on a natural path to good health.** With discounts that come with your Aetna health plan.

Log in to your secure member website to get started.

[www.aetna.com](http://www.aetna.com)

\*The ChooseHealthy program is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

**If you require language assistance, please call the Member Services number on your Aetna ID card, and an Aetna representative will connect you with an interpreter. If you're deaf or hard of hearing, use your TTY and dial 711 for the Telecommunications Relay Service. Once connected, please enter or provide the Aetna telephone number you're calling.**

**Si usted necesita asistencia lingüística, por favor llame al número de Servicios al Miembro que figura en su tarjeta de identificación de Aetna, y un representante de Aetna le conectará con un intérprete. Si usted es sordo o tiene problemas de audición, use su TTY y marcar 711 para el Servicio de Retransmisión de Telecomunicaciones (TRS). Una vez conectado, por favor entrar o proporcionar el número de teléfono de Aetna que está llamando.**

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**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

[www.aetna.com](http://www.aetna.com)