

# Relax, recharge and save!

## Alternative Health Care Programs

The path to healthy living comes in all shapes and sizes. That's why our Alternative Health Care Programs give you great savings on complementary health care services and natural products like massage therapy, vitamins ... and more. It's a smart way to save on items not typically covered by insurance.\* Plus, it's a great way to encourage your body's *natural* health abilities.

\*Refer to your plan documents to verify whether chiropractic and acupuncture benefits are available under your plan.

### No referrals, no claims ... and no waiting for reimbursement

Simply contact a provider, book an appointment, and save!

#### Four money-saving services:

##### *Massage therapy*

Massage can relieve stress and improve your overall wellbeing. So rest your achy muscles with relaxing massage therapy ... and pay less!

##### *Acupuncture*

Pinpoint your pain or stress points with this 5000-year old stress reliever, and save.

Save on massage therapy, acupuncture, vitamins and more.

##### *Chiropractic*

Get "realigned" with savings on regular chiropractic visits.

##### *Nutritional counseling*

Get sound dietary advice from registered dieticians on the foods you should eat to feel healthier, look leaner and improve your overall health!

**Aetna membership has its perks! Get the Alternative Health Care Programs — FREE — when you join any one of our health benefits or health insurance plans.**



We want you to know<sup>®</sup>



## Save on healthy lifestyle products, too!

Get your daily dose of Vitamin C — at a discount. Other over-the-counter vitamins, too! Or, stock up on aromatherapy, yoga equipment, nutritional and herbal supplements, and more.

And with thousands of health products available, it's easy to order by mail, phone, fax or the Web. It's just what the doctor ordered for your healthy lifestyle.

Visit [www.aetna.com](http://www.aetna.com) to learn more today. Once you're ready to start saving on a healthy lifestyle, go to [www.aetn navigator.com](http://www.aetn navigator.com) to get started!



Did you know?

If you've ever taken Vitamin C to ward off a cold or practiced yoga to de-stress, then you're already familiar with complementary health care. Now, you get great savings just for doing it!

If you need this material translated into another language, please call Member Services at 1-888-98-AETNA (1-888-982-3862).

Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-888-98-AETNA (1-888-982-3862).

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