

Complementary & Alternative Medicine Plan

More and more people today are exploring **complementary and alternative medicine (CAM) services** to maintain health and wellness. This program helps members **save 20%** on CAM services, including:

Acupuncture
Chiropractic Care

Massage Therapy
Nutritional Counseling

Meditation/Relaxation
Naturopathy

To Get Your Savings

1. Select a participating provider from the enclosed list or call Customer Service for additional locations. Or go to www.findbestbenefits.com and use the Personalized Provider List to obtain a list of participating providers in your area.
2. Locate the CAM network name on the front of your membership card. **Give this network name to your provider when making your appointment.***
3. **At your appointment, simply present your membership card before getting treatment to be assured that the proper discount is applied.**
4. Payment is due at the time of services. There are no forms to complete, no limit to the number of visits and you do not need a referral from your primary care physician.
5. If you, or the provider, have any questions, contact Customer Service at the number listed on your membership card

*While our provider lists are continually updated, provider status can change. We recommend that you confirm the provider you selected participates in the program when scheduling your appointment.

Sample Savings

Product/Service	Avg. Price	You Pay	Savings	% Saved
Massage Therapy	\$60.00	\$48.00	\$12.00	20%
Acupuncture	\$85.00	\$68.00	\$17.00	20%
Yoga Session	\$62.50	\$50.00	\$12.50	20%
Personal Training Session	\$70.00	\$56.00	\$14.00	20%

These are examples only. Savings will vary by procedure, provider and geographical area.