

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

aetnaSM



Save on acupuncture, chiropractic 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 claim 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 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 professional at 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
- Homeopathic remedies
- Natural body care products
- Yoga equipment and more

You get a discount off the retail price at www.choosehealthy.com. Free standard shipping, too. You can order by phone or online.

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
- Discounts off the retail price of one online consultation
- Additional discounts off the retail price of two or more online consultations

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

*The ChooseHealthy program is made available through American Specialty Health Systems, Inc. (ASH Systems), 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 from an Aetna representative, please call the Member Services number located on your ID card, and you will be connected with the language line if needed; or you may dial direct at 1-888-982-3862. (140 languages are available. You must ask for an interpreter.) TDD 1-800-628-3323 (hearing impaired only).

Si requiere la asistencia de un representante de Aetna que hable su idioma, por favor llame al número de Servicios al Miembro que aparece en su tarjeta de identificación y se le comunicará con la línea de idiomas si es necesario; de lo contrario, puede llamar directamente al 1-888-982-3862. (140 idiomas disponibles. Debe pedir un intérprete.) TDD 1-800-628-3323 (sólo para las personas con impedimentos auditivos).

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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.

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