

# Complementary & Alternative Medicine

As an AvMed member, you have access to **WholeHealth Networks**, a complementary and alternative medicine discount program.

Visit the Web site at **avmed.wholehealthmd.com** and explore:

- **HEALING CENTERS:** The use of alternative therapies
- **EXPERT OPINIONS:** Q&A from the WholeHealth network
- **NEWS & PERSPECTIVES:** Read the latest research
- **REFERENCE LIBRARY:** Learn about alternative therapies

## SPECIAL PRICING AND DISCOUNTS

The WholeHealth network includes more than 28,000 practitioners nationally who offer you up to a 30 percent discount on complementary and alternative medicine services and products services, such as:

- ACUPUNCTURE & MASSAGE THERAPY
- TAI CHI & YOGA
- RELAXATION TECHNIQUES
- NUTRITIONAL COUNSELING
- VITAMINS & NATURAL SUPPLEMENTS
- FITNESS CENTER MEMBERSHIPS
- AND MUCH MORE!

To find a practitioner or fitness center near you, call WholeHealth MD at 1-800-274-7526, or go to **avmed.wholehealthmd.com** and click on "*Find a Practitioner*" from the list at the left. Be sure to have your AvMed ID card ready when ordering or receiving services or supplies.

**If you need assistance, AvMed's Member Services is available to help you 24 hours a day, 7 days a week. Call them at the number listed on your AvMed ID card.**



Health plans with **your health** in mind.