



## **UnitedHealth Allies<sup>SM</sup> Savings Bulletin:** **Alternative Care**

Did you know that 36 percent of Americans have used some form of complementary or alternative medicine?<sup>1</sup> Whether you're thinking of trying alternative medicine for the first time or are already a believer, UnitedHealth Allies<sup>SM</sup> can make sure you get the most for your alternative care dollar. As a UnitedHealth Allies participant, you can save up to 20 percent on many popular forms of alternative care, including:

### **Chiropractic:**

Chiropractic treatment – which originated in ancient Egypt – is founded on the idea that a person's best health is achieved through proper alignment of the spine. Most people visit chiropractors to treat back problems; but chiropractic treatment can also offer relief from conditions such as neck pain and headaches.

### **Acupuncture:**

Acupuncture involves stimulation of key points on the body using extremely thin needles. It's painless and has minimal side effects. Commonly used as a form of pain relief, acupuncture can also treat digestive disorders and reproductive and neurological problems.

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It just makes sense.<sup>SM</sup>

### **Natural Medicine:**

Homeopathy, naturopathy and herbal medicine all aim to enlist the body's own immune system to fight or prevent disease, using remedies made from natural substances such as plants, minerals or animals.

### **Massage Therapy:**

Manually stimulating the body's soft tissue through massage therapy can help with pain management and provide relief from a variety of ailments, including back pain, stress, insomnia and carpal tunnel syndrome.

### **Ready for an alternative?**

To locate a UnitedHealth Allies alternative care practitioner near you, call **1-800-860-8773** or log onto **www.unitedhealthallies.com**. If you're a first-time user, follow the instructions to create an online account using the member number on your UnitedHealth Allies ID card or UnitedHealthcare medical ID card.

Be sure to inform your primary care provider about any complementary or alternative treatments you undertake.

### **Note:**

**Your UnitedHealthcare plan may provide some coverage for alternative medicine. Always use your health plan for covered services. Use UnitedHealth Allies to save on alternative care that is not covered by your plan. To find out what's covered by your medical plan, visit [myuhc.com](http://myuhc.com)<sup>®</sup> and select "My Coverage & Costs."**



<sup>1</sup> National Center for Complementary and Alternative Care (part of the National Institutes for Health. [www.nccam.nih.gov](http://www.nccam.nih.gov))

UnitedHealth Allies is a program that offers discounts on health products/services to UnitedHealthcare enrollees. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in the program due to state regulations.