

# Relax, recharge, and save!

## Aetna Natural Products and Services<sup>SM</sup> Discount Program

The path to healthy living comes in all shapes and sizes. That's why the **Aetna Natural Products and Services discount program** gives you great savings on complementary health care services and natural products through American Specialty Health (ASH) Incorporated, a recognized leader in this market, and its subsidiaries. It's a smart way to save on items not typically covered by insurance,\* such as massage therapy and over-the-counter vitamins. Plus, it's a great way to encourage your body's natural health abilities.

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

Simply contact a natural therapy professional, book an appointment, and save! There are four money-saving services available:

#### 1. Massage therapy

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

#### 2. Acupuncture

Pinpoint your pain or stress points with this 5,000-year old stress reliever, and save.

#### 3. Chiropractic care

Get "realigned" with savings on regular chiropractic visits.

#### 4. Dietetic counseling

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

Save on massage therapy, acupuncture, natural products and more.



**Aetna<sup>‡</sup> membership has its perks! You automatically get the Aetna Natural Products and Services discount program when you join any one of our health benefits or health insurance plans.**

\*Check your plan documents to see if chiropractic and acupuncture benefits are available under your plan.

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-related 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.

## Did you know?

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



Start saving on a healthy lifestyle!  
Once you're an Aetna member,  
log on to [www.aetnavigators.com](http://www.aetnavigators.com)

\*Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna).

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Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01 [HMO OK POS RIDER 08/07], GR-23 and/or GR-29.

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