

# Relax, recharge, and save!

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

There are many paths to healthy living. The **Aetna Natural Products and Services discount program\*** can help you find a natural one.

You can save on massage therapy, over-the-counter vitamins and other ways to complement your health. You get it through American Specialty Health (ASH) Incorporated, a leader in this market. It's a smart way to save on things insurance doesn't normally cover. And it can help you find your body's natural health abilities.

More advantages:

- No referrals
- No claims
- No waiting for reimbursement!

### Available services

Just make an appointment and save! You can choose from four services at a reduced rate:

#### 1. Massage therapy

Massage can ease stress and help improve your overall well being. So rest your achy muscles — and pay less!

#### 2. Acupuncture

Pinpoint your areas of pain or stress with this 5,000-year old technique. And relax with savings.

#### 3. Chiropractic care

Get "realigned" with savings on regular visits to the chiropractor.

#### 4. Dietetic counseling

Get advice from registered dieticians on the foods you should eat. This can help you feel healthier, look leaner and improve your total health!

Pay less for massage therapy, acupuncture, over-the-counter vitamins and more



**You'll love this healthy perk! You get this program automatically when you join any of our health benefits and health insurance plans.**

\*Check your plan documents to see if you have chiropractic and acupuncture benefits.

We want you to know<sup>®</sup>



## Save on healthy lifestyle products, too!

Get your daily dose of Vitamin C — at a discount. Get other over-the-counter vitamins, too. Or stock up and save on aromatherapy, nutritional and herbal supplements, and more.

You have four easy ways to order:

- Mail
- Phone
- Fax
- Web

You can choose from thousands of products. It's just what the doctor ordered for your health!

## Did you know?

Ever taken Vitamin C to ward off a cold? Or practiced yoga to de-stress? If so, you already know what complementary health care is. Now you get great savings just for doing it!



Save on living healthy! Log in to your member website at [www.aetna.com](http://www.aetna.com) as soon as you are an Aetna member.

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). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

This material is for information only. Discount programs provide access to discounted prices and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

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.