



# ChooseHealthy™

Save More. Live Better.

With the ChooseHealthy® program, offered by your health plan, you can save more on specialty provider services and be empowered live better every day.

## Alternative Medicine Practitioners

Practitioners are verified according to health plan and accreditation standards. This process includes primary source verification with third parties to validate that the provider holds an active license/registration/certification in good standing. Information is collected and reviewed regarding a provider's proper education and training, adequate insurance, sanctions or exclusions from Medicare/Medicaid, and/or no history of unprofessional conduct.

All this information is then reviewed by a credentialing review committee that includes same-specialty practitioners and medical physicians prior to adding them to our network. In addition, these credentials are routinely monitored regularly to ensure there are no adverse changes to practitioner's status.

**Check out the 7 types** of services that are offered to you at a discount of up to 25% off usual or customary fees:

1

### Acupuncture

Acupuncture is an ancient healing technique that can help correct imbalances in the body caused by a variety of illnesses or conditions, resulting in pain relief and better health.

Acupuncture includes examination/evaluation to assess the cause of pain and provides treatment to reduce pain. This treatment is also used to treat nausea and other conditions. Insertion of very fine needles into acupuncture points stimulate the body to improve health.

#### Clinical Credentials:

Holds a Master's in Acupuncture degree and an active acupuncture state license.

2

### Chiropractic

Chiropractors use their hands to manipulate the joints and tissues of the spine. Relief from pain, better mobility, and improved circulation are proven benefits of chiropractic methods.

Chiropractic includes examination to diagnose underlying musculoskeletal conditions and uses manual therapy (manipulation), physiotherapy, and/or exercise rehabilitation to reduce pain, and improve mobility and function which are proven benefits of Chiropractic care.

#### Clinical Credentials:

Holds a Doctor of Chiropractic degree and an active chiropractic state license.

3

### Therapeutic Massage

A variety of massage techniques can help soothe muscles, improve blood flow, and relieve pain naturally. Therapeutic massage can also help reduce stress and relax the body and mind.

Therapeutic massage provides assessment of muscle and joint function, and provides therapeutic manual pressure to the muscles, fascia, and tissues of the body to soothe muscles, reduce spasms, and improve circulation to help relieve pain and improve function.

#### Clinical Credentials:

Holds a certificate from a Therapeutic Massage training program and an active local or state massage certificate or license.

## 4 Physical Therapy

Physical therapists (PTs) are trained to identify and treat a wide range of injuries and pain. PTs also teach healthy habits, safe posture, and safe ways of moving to help you better cope with pain.

Physical therapy provides assessment of musculoskeletal conditions, implements rehabilitative exercises and other therapeutic interventions, teaches patients about how to promote healing and recovery from joint or spine surgeries, and how to improve strength, mobility, and function to prevent future injury.

### Clinical Credentials:

Holds a Physical Therapy degree and an active state physical therapy license.

## 5 Podiatry

Podiatrists are foot doctors who can pinpoint and treat foot, ankle, and lower leg problems. This may be helpful since these problems can sometimes cause symptoms in other parts of the body.

Podiatry provides examination of the foot and ankle with a focus on diagnosing, treating, and preventing conditions with rehabilitation and/or surgery to resolve problems associated with the foot and ankle, including injury, bunions, diabetic foot care, and many other conditions.

### Clinical Credentials:

Holds a Doctor of Podiatric Medicine and an active state podiatric medical license

## 6 Occupational Therapy

Occupational therapists (OTs) help people who have been impaired by injury or disability. They work with patients to develop, recover, and improve everyday skills with their lives.

Occupational Therapy focuses on physical or mental illness to assess function and provide rehabilitation through the performance of activities required in daily life. Recovery of hand and arm function are common conditions treated, but many other conditions are treated as well.

### Clinical Credentials:

Holds an Occupational Therapy degree and an active state occupational therapy license.

## 7 Registered Dietitian

Nutrition experts teach you about foods that can help boost your health and well-being. They can also tailor a plan to help you better cope with specific medical conditions like diabetes and heart disease.

Registered Dietetics is the assessment of nutritional needs by food and nutrition experts who can tailor a nutritional plan to the specific medical and nutritional needs of a patient. Dietetics address nutrition for illnesses such as diabetes, and assist with improved eating choices for general health.

### Clinical Credentials:

Holds a Masters in Nutritional Science and an active state medical nutrition therapy, dietetics, or other nutrition license.

Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

The ChooseHealthy program is provided by ChooseHealthy, Inc., a subsidiary of American Specialty Health Incorporated (ASH), a national provider of fitness, health education, musculoskeletal provider networks, and health management programs.

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