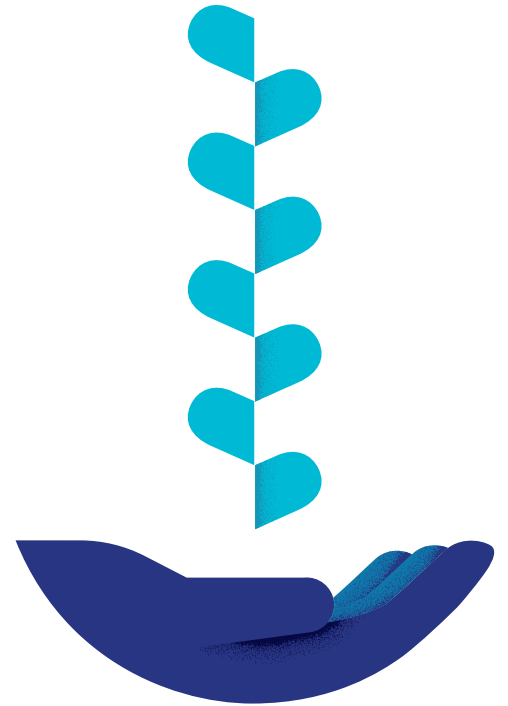




Complementary health care



Natural tools to help manage your health

Living with ongoing pain, stress or other challenges can make it harder to enjoy life. We want to help make things easier. That's why, as a UnitedHealthcare Community Plan member, you may be able to get complementary health care services at no cost to you.

What is complementary care?

Complementary health care is sometimes called "alternative medicine". This is because it includes medicines and practices that are not usually used by doctors. This care is used to help with ongoing pain, nausea, behavioral health issues and other challenges. It's important to remember that complementary health care is used with standard treatments, it does not replace them.

Common types of complementary care

- **Acupuncture** is a treatment that uses thin needles. They are stuck into the skin to ease health problems such as pain or nausea.
- **Chiropractic** uses manual stretching and pressure to take care of spine, joint and muscle issues.
- **Massage** focuses on the soft tissues of the body. It is often used to help soothe pain, release muscle spasms and ease stress or worry.
- **Meditation** teaches you how to help focus and calm your mind and body.

Learn more

To find out if your plan covers complementary health care, call Member Services toll-free at **1-866-270-5785**, TTY **711**. Then just ask your primary care provider (PCP) for a referral.