

Online Complementary Wellness Discount Program

Savings on Non-Covered Services and More!



Complementary and Alternative Medicine (CAM) practices recognize that the connection between mind and body are important to the healing process. These therapies teach people techniques to help manage pain and reduce stress, allowing them to take a more active role in their health care.

Through the Complementary Wellness Discount Program, you have access to a national, accredited network of over 35,000 practitioners who offer you UP TO A 30% DISCOUNT on services such as:

- Acupuncture
- Chiropractic (after benefit is exhausted)
- Yoga and Pilates
- Tai Chi and Qi Gong
- Nutrition Counseling
- Fitness Centers and Spas
- Personal Trainers
- Massage and Body Work
- Mind Body Therapies and Relaxation
- Diet and Supplement Advisors; Vitamin Supplements
- Holistic Medicine
- Weight Management Services
- Hearing Aids
- And many more!

Practitioners offering discounts are part of Healthways WholeHealth Networks, Inc. You can find any practitioner in the discount program by following these steps:

1. Go to www.highmarkblueshield.com.
2. Click on the "Members" tab (top of Web page).
3. Go to the Login section and enter your Login ID and Password.
4. On the Member homepage, click on the "Choose Providers" tab (top of Web page).
5. Click on the "Member Discounts" link, then the "Wellness Discount Program" link.
6. Read the Terms of Service information and click on "I accept" at the bottom of the page, to access the site.

Just show your insurance ID card to get your discount. You are responsible for paying the practitioner directly at the time the service is received.

ONLINE EDUCATION TOOLS

Access WholeHealthMD.com, our online education tool that was developed by a team of board-certified physicians and specialists. The site provides a wealth of information and resources to guide you on the path to health, wellness and longevity.



Check out the **Healing Kitchen** and learn how nutrition can affect chronic conditions. Find healthful comfort foods with healing properties and get healthy recipes! From the CAM homepage, select the "Healing Kitchen" icon at the top of the page.

The Online Complementary Wellness Discount Program is separate and distinct from your health benefits plan.

If you have a problem with a specific vendor, please send an e-mail to: wellnesshelp@highmark.com that includes your name and contact information, the name of the vendor or provider and specific issue.

If you'd like to refer or nominate a fitness center or practitioner for the CAM network, send an e-mail to: nominate@healthways.com.

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Healthways WholeHealth Networks, Inc. is a separate company that administers wellness discount programs.

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