



# Mind and body

## Natural products and services discounts

A little help reaching your best health

### Relax and renew

There are many paths to your best health. Your Aetna® plan can help you find a natural one. You get discounts on natural therapy services and more through the ChooseHealthy® program.



**Built-in plan discounts** with no referrals, claims or limits. Your family can use them, too.

**aetna**®

[aetna.com](https://www.aetna.com)

## Provider discounts on services

Whether you're feeling pain or stress, or just want to relax, you have options.\*

You get discounts on:

- Massage therapy
- Acupuncture
- Chiropractic visits
- Nutrition services

## More savings

You can also save on a wide range of popular health and fitness products such as wearables, fitness kits and more. With free standard shipping on all orders.

You have two ways to order through ChooseHealthy:

- **Online:** Create a member account at check out to get a discount on all future orders.
- **By phone:** For more information or help finding a provider, call toll free at **1-877-335-2746**, 5 a.m. to 6 p.m. PT, Monday through Friday.



### How to get started

Log in to [aetna.com](https://www.aetna.com) and look for the "Stay Healthy" tab.

You'll find discounts on natural products and services and much more.

\*Through the ChooseHealthy® program, which is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

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