



CHOOSEHEALTHY®

AvMed is pleased to announce the ChooseHealthy Program, offering discounted health and wellness improvement products and services to keep you on the road to better health. And, it's already included in your AvMed Membership.

WITH THE CHOOSEHEALTHY PROGRAM, YOU CAN:

- Get up to 25% off services from more than 33,000 contracted chiropractors, acupuncturists, massage therapists and registered dieticians.
- Choose from more than 11,000 conveniently located fitness clubs and exercise centers offering discounted monthly dues and/or enrollment fees. Most even offer a free trial or introductory session, so you can try it out.
- Shop from an online catalog of discounted health and wellness products, all with free shipping.



Embrace better health.®

To learn more or to access these services, visit **AvMed.org** and click **Health & Wellness**.

Or you can call
1-877-335-2746 (TTY 711),
Monday-Friday, 8 a.m.-9 p.m. (EST).

Please note that this 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 discount program provides for discount specialty health care services from participating practitioners. You are obligated to pay for all health care services but will receive a discount from those healthcare practitioners who have contracted with the discount program. The discount program does not make payments directly to the participating practitioners in the discount program. The discount program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. ChooseHealthy is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH).



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