Complementary & Alternative Medicine

As an AvMed member, you have access to WholeHealth Networks, a complementary and alternative medicine discount program.

Visit the Web site at avmed.wholehealthmd.com and explore:

- HEALING CENTERS: The use of alternative therapies
- EXPERT OPINIONS: Q&A from the WholeHealth network
- NEWS & PERSPECTIVES: Read the latest research
- REFERENCE LIBRARY: Learn about alternative therapies

SPECIAL PRICING AND DISCOUNTS
The WholeHealth network includes more than 28,000 practitioners nationally who offer you up to a 30 percent discount on complementary and alternative medicine services and products, such as:

- ACUPUNCTURE & MASSAGE THERAPY
- TAI CHI & YOGA
- RELAXATION TECHNIQUES
- NUTRITIONAL COUNSELING
- VITAMINS & NATURAL SUPPLEMENTS
- FITNESS CENTER MEMBERSHIPS
- AND MUCH MORE!

To find a practitioner or fitness center near you, call WholeHealth MD at 1-800-274-7526, or go to avmed.wholehealthmd.com and click on “Find a Practitioner” from the list at the left. Be sure to have your AvMed ID card ready when ordering or receiving services or supplies.

If you need assistance, AvMed’s Member Services is available to help you 24 hours a day, 7 days a week. Call them at the number listed on your AvMed ID card.

Healthy Living
AvMed Health Plans

Health plans with your health in mind.