



## Naturally Well

National research shows that nearly 70 percent of Americans use some form of “alternative” health care. That’s why Fallon Community Health Plan created Naturally Well—a program that gives members discounts on complementary health care and health and wellness products.

Naturally Well gives you discounts on acupuncture, chiropractic care and massage therapy from the American Specialty Health Networks, Inc., credentialed network of qualified providers.

### About acupuncture

This ancient Chinese medical practice, used for centuries, is believed to impact many diseases or ailments of the body by inserting fine needles into the skin at specific “acupuncture points.” The goal is to regulate the body’s functions, modify or prevent the perception of pain and help the body’s own healing abilities. Since this is not a health plan benefit, no referral is required for FCHP members to access Naturally Well acupuncture providers.

### About chiropractic

If your FCHP plan includes chiropractic coverage, you will need to get a referral to visit a Naturally Well chiropractic provider.

Chiropractors specialize in treating various conditions of the nervous, muscular and skeletal systems of the body, such as some types of joint disorders, neck and back pain, chronic arthritic conditions and headaches. However, if your FCHP plan does not include chiropractic coverage, or services you receive after you exhaust your benefit, no referral is required to visit a Naturally Well chiropractic provider. See your *Member Handbook/Evidence of Coverage* for details on referrals.

### About massage therapy

Massage therapy manipulates the body’s muscles to relieve stress, increase blood flow, soothe aches and pains, and relax tense muscles. Some of the most common types of massage include:

- Swedish massage
- Deep muscle/deep tissue massage
- Trigger point therapy
- Shiatsu/acupressure
- Reflexology
- Sports massage

No referral is required for FCHP members to access Naturally Well massage therapy providers.

## More perks

Health and wellness products also are available at a reduced rate through ChooseHealthy™, an affiliate of ASHN.

Through Naturally Well, our members receive discounts on:

- Vitamins and supplements
- Herbal remedies
- Telephone-based fitness coaching
- Homeopathic remedies
- Natural therapies
- Diet and sports nutrition
- Yoga and fitness information and equipment
- Personal body care treatments
- Books, audio, video and DVDs

FCHP may offer programs similar to those on ChooseHealthy™ as part of your membership—check your FCHP *Member Handbook/Evidence of Coverage* for details.



**For more information, visit [fchp.org](http://fchp.org) or call  
FCHP Customer Service at  
**1-800-868-5200.****

**More benefits. More services. More you.**

*Program eligibility and benefits may vary by employer, plan and product.*

*The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the FCHP grievance process.*