Complementary and Alternative Medicine

Our Complementary and Alternative Medicine (CAM) discount program* gives you access to thousands of CAM services.

DISCOUNTS OF UP TO 30% ON:

- Massage therapy
- Nutritional counselors
- Yoga and Tai Chi instruction
- Herbal consultants
- Acupuncture
- Spas
- Fitness memberships
- Chiropractors
- Behavioral health practitioners
- Natural supplements
- Holistic nurse practitioners
- Personal trainers/exercise specialists
- Health magazine subscriptions

** CDPHP members with ASO, HMO, PPO, HDPPO, EPO, HDEPO, Medicare, and Healthy New York plans are eligible for the Complementary and Alternative Medicine (CAM) program discounts.*

HEALING CENTERS: Discover ways to manage conditions and illnesses with step-by-step Healing Paths.

HEALING KITCHEN: Learn how good food can heal as well as taste great, with easy recipes and tips.

EXPERT OPINIONS: Doctors and practitioners provide authoritative advice on all types of health conditions.

REFERENCE LIBRARY: A comprehensive reference library containing current information on therapies, supplements, food, and drugs.

NEWS & PERSPECTIVES: Read about the latest research in integrative medicine.

VITAMINS: A discounted online shopping resource for vitamins, supplements, and self-care items.

ACCESSING CAM IS EASY. Just go to www.cdphp.com/cam to discover recipes, tips, discounts, and more.

There are no forms to fill out, and no referrals needed. Simply show your CDPHP ID card to a participating practitioner or fitness center and receive instant discounts.

ABOUT HEALTHY WHOLEHEALTH NETWORKS, INC.
The CAM program is provided to CDPHP members through a partnership with Healthy WholeHealth Networks, Inc. (HWHN), the nation's largest complementary health and wellness company, with health plan providers and more than 25,000 practitioners nationwide. Call 1-800-274-7526 to find participating practitioners and fitness centers in your area.

CDPHP®

A plan for life.

Capital District Physicians' Health Plan, Inc.
Capital District Physicians' Healthcare Network, Inc.
CDPHP Universal Benefits,® Inc.

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