



Looking to help ease your pain?

Acupuncture may be an effective treatment option for chronic pain and may impact overall well-being.

Studies show acupuncture can help control pain related to chronic physical conditions and post-surgery recovery. Many people find acupuncture can help their well-being by reducing:

- Chronic back pain¹
- Headaches and migraines²
- Chemo side effects³

You have access to WholeHealth Living[®] and its network of acupuncture specialists through Harvard Pilgrim.



WholeHealth
Living[®]
by Tivity Health[™]



Harvard Pilgrim
Health Care

How to get started:

1. Visit [harvardpilgrim.org](https://www.harvardpilgrim.org) or call 1-877-867-9647 to see if acupuncture is included with your health plan benefits.
2. Find a participating acupuncture practitioner convenient to you and schedule your appointment.
3. Check your health plan benefits to get details on your eligibility. If you have any limitations on your visits, you can still enjoy discounts through WholeHealth Living Choices.
4. Not eligible for the benefit? You can still enjoy WholeHealth Living Choices through the discount and savings program under Complementary and Alternative Medicine (CAM) by visiting <https://www.harvardpilgrim.org/public/discounts-and-savings>



Visit [harvardpilgrim.org/providerdirectory](https://www.harvardpilgrim.org/providerdirectory) or call 1-877-867-9647 to find an acupuncture specialist near you.

*Copayments, deductibles and coinsurance may apply. Your Plan may include coverage for either acupuncture treatment or chiropractic care (or both). Please see the "Acupuncture Treatment for Injury or Illness" and/or the "Spinal Manipulative Therapy (including care by a chiropractor)" benefits in your Schedule of Benefits to determine which benefits are covered under your plan and for details of your coverage.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

1. National Institutes of Health. "Acupuncture for chronic pain: individual patient data meta-analysis." <https://www.ncbi.nlm.nih.gov/pubmed/22965186>
2. National Institutes of Health. "Acupuncture for tension-type headache." <https://www.ncbi.nlm.nih.gov/pubmed/19160338>
3. National Cancer Institute. "Acupuncture" www.cancer.gov/about-cancer/treatment/cam/hp/acupuncture-pdq

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