



Focus on your health with chiropractic care

As a member of Harvard Pilgrim Health Care, you have access to discounts on chiropractic care through WholeHealth Living Choices®.

Chiropractors focus on the health and proper alignment of the spine to support a healthy nervous system. When the spinal column shifts out of alignment, a chiropractor uses a variety of techniques to adjust the spine to correct any misalignments.

Chiropractic care can serve as a complement to your primary care doctor to relieve pain and prevent future injuries. Chiropractic care may treat the following symptoms¹:

- Low back pain or sciatica
- Neck pain
- Headaches



**WholeHealth
Living**
by Tivity Health™



**Harvard Pilgrim
Health Care**

Source:

1. National Center for Complementary and Integrative Health, "Chiropractic, Spinal Manipulation, and Osteopathic Manipulation" <https://nccih.nih.gov/health/pain/spinemanipulation.htm>

What to expect:

During the most common approach, the patient lies on a special treatment table while the chiropractor gently corrects misalignments of the spine or pelvis with a hands-on adjustment.



How to connect:

- 1. Check your health plan benefits to get details on your coverage.** Please check your Schedule of Benefits to determine if your plan provides coverage for chiropractic care. If you are eligible for coverage, please visit the online provider directory at harvardpilgrim.org to locate a provider near you. Your coverage for these services may have a benefit limit. However, you can still enjoy discounts through WholeHealth Living Choices if you reach your benefit limit.
- 2. Discounted Access.** If your chiropractic benefit is limited or is not a covered benefit under your plan, you can still enjoy discounted access through WholeHealth Living Choices under the Complementary and Alternative Medicine (CAM) discount and savings program. Please visit <https://www.harvardpilgrim.org/public/discounts-and-savings> to register and locate providers.
- 3. Questions?** Feel free to call 1-800-274-7526.

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