

Complementary and Alternative Medicine

Save on fitness, acupuncture, massage, and more



HEALING CENTERS



HEALING KITCHEN



EXPERT OPINIONS



REFERENCE LIBRARY



NEWS & PERSPECTIVES



FIND A PRACTITIONER



VITAMINS

find a health & wellness practitioner

Welcome Members of WEA Trust

Keeping you healthy!

Have you ever felt physically drained when you've been under a lot of stress? Do you notice how your mood affects your body's ability to fight off viruses? If so, you will soon come to appreciate the value of Complementary and Alternative Medicine (CAM).

CAM practices recognize that the connection between mind and body are important to the healing process. These therapies teach people techniques to help manage pain and reduce stress, allowing people to take a more active role in their health care.



Online education tools



Access WholeHealthMD.com, our online education tool that was developed by a team of board-certified physicians and specialists. The site provides a wealth of information and resources to guide you on the path to health, wellness, and longevity.

- Learn how alternative therapies can treat your conditions.
- Discover how food can heal as well as taste great.
- View responses from leading CAM authorities.
- Read recent information on chronic conditions and integrative therapies.
- Get the latest research from around the world.

Rely on nationwide CAM experts

WEA Trust has contracted with Healthways WholeHealth Networks, who manages the nation's leading CAM network of practitioners, provides a network of more than 40,000 practitioners nationally. [Search our online directory listing of practitioners and facilities.](#)

These practitioners offer you up to a 30% discount on CAM services such as:

- Acupuncture
- Massage therapy
- Yoga
- Fitness Center memberships
- Tai Chi
- Relaxation Techniques
- Nutritional Counseling
- And many more!



Who is eligible?



- As a WEA Trust health plan member, you and your family have access to the CAM discount network. You can discover and utilize CAM practices and receive discounts for services and products. (Remember, this CAM program is not a part of your health plan. You are responsible for all costs for services and supplies.)
- Present your WEA Trust health insurance card when receiving services or supplies and you pay the discounted price.
- To learn more about your specific needs call WholeHealth Networks at 1-800-274-7526

