

Better days ahead

Acupuncture therapy benefit from Aetna®

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Great news! As an Aetna member, you're entitled to a new acupuncture benefit. This treatment can make a big impact on your health and help treat and alleviate chronic (long-lasting) pain. And it's now included for all Aetna plans.

How acupuncture works to help you feel healthy

Acupuncture is part of the ancient practice of traditional Chinese medicine. During the treatment, your provider will place thin needles into certain parts of the skin with gentle, specific movements. This prompts the body to release natural chemicals into the muscles, spinal cord and brain, which help your body's natural healing process so you can feel better. And there are often very few or no side effects.[1]

Two main benefits to acupuncture

- Safe and effective for treating chronic musculoskeletal and nervous system pain[2]
- Can be combined with other treatments or used instead of pain medicine[3]

Plus, you'll have access to our national network of providers.

We're here to help you get the care you need

To find a provider near you, visit your member website at **Aetna.com**. If you have questions or want to learn more, just call us at the number on your member ID card.

[1]Mayo Clinic. Accupuncture. March 26, 2021. Available at: MayoClinic.org/tests-procedures/acupuncture/about/pac-20392763. Accessed September 28, 2021.

[2]Johns Hopkins Medicine. Acupuncture. Available at: HopkinsMedicine.org/health/wellness-and-prevention/acupuncture. Accessed September 29, 2021.

[3]National Center for Complementary and Integrative Health. Acupucture: In depth. Updated January 2016. Available at: NCCIH.NIH.gov/health/acupuncture-in-depth. Accessed September 28, 2021.

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