

The Healthy Lifestyle Advantage

# CAM Plus

Complementary Healthcare Plans (CHP) is pleased to offer the CAM Plus Program

## THE PROGRAM

- Receive a 20% discount on services for Chiropractic, Acupuncture, Naturopathic Medicine, and/or Massage Therapy from CHP's provider network
- Very low cost for employees and their families
- Unlimited visits for 1 year
- To access providers go to [www.chpplans.us](http://www.chpplans.us)

## LIFEBALANCE PROGRAM

Provides access to thousands of wellness, cultural and recreational centered discounts and events throughout the Northwest. Encourages active lifestyles for healthy living. Examples include: Pilates, Yoga, Fitness Centers, Sporting Events, and more. Visit [www.chpplans.us/LifeBalancePrograms](http://www.chpplans.us/LifeBalancePrograms) for more information.

## WELLPARTNER

Wellpartner offers savings on prescription and non-prescription medications and other products delivered straight to your home or office. Wellpartner pharmacy delivers outstanding service, selection, and prices. Visit [www.chpplans.us/wellpartner](http://www.chpplans.us/wellpartner).

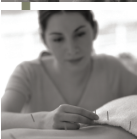
## CANCER NUTRITION CENTERS OF AMERICA

- Doctor-developed CNCA products are recommended by naturopathic doctors, nutritionists and pharmacists at CTCA hospitals.
- From scientifically proven ingredients to consistent product quality, CNCA supplements supply optimum levels of ultra-pure nutrients essential for your good health.



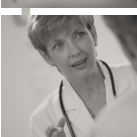
## CHIROPRACTIC

Chiropractic and manual manipulation of the spine, joints or soft tissue focuses on reducing pain and improving the function and structure of the body. It is a system of therapy that involves non-invasive care promoting science-based approaches to a variety of ailments.



## ACUPUNCTURE

Acupuncturists influence the health of the body by the insertion of very fine needles. Patients seek acupuncture treatment to relieve pain, reduce inflammation and promote healing. It's one modality within the context of Traditional Chinese Medicine which also includes herbal formulas, bodywork, nutrition, and exercise.



## NATUROPATHIC MEDICINE

Naturopathy is a form of health care that uses a wide range of natural approaches. Naturopathic physicians are primary care practitioners who diagnose and treat patients by using natural modalities such as clinical nutrition, herbal medicine, homeopathy, and counseling.



## MASSAGE THERAPY

Therapeutic massage involves the manipulation of the soft tissue structures of the body to help prevent and alleviate pain, muscle discomfort, muscle spasms, and stress by helping to promote health and wellness.

## PROVIDER NETWORK

Quality care starts with quality providers; CHP credentials its networks in Oregon and Washington carefully using standards established by the National Committee for Quality Assurance (NCQA). We select only practitioners who have a practice philosophy consistent with CHP's high standards of quality and cost effective care.

## COMPLEMENTARY HEALTHCARE PLANS

For over 15 years, **Complementary Healthcare Plans** (CHP) has provided access to high quality, convenient, and affordable complementary health care services. CHP is a leader in innovative health care solutions for health plans, employer groups, and third-party administrators. CHP's robust capabilities deliver ease of administering health care benefits and excellence in customer service for all of our customer groups.

6600 SW 105th Avenue, Suite 115, Beaverton, Oregon 97008 T 503.619.2033 T 800.449.9479  
F 503.203.8522 E-mail: [sales@chpplans.us](mailto:sales@chpplans.us)



[www.chpplans.us](http://www.chpplans.us)



---

## PROGRAM OPTIONS

---

### CAM Plus

#### **CAM Plus,\* includes access for employees and their dependents:**

- Low cost for one full year's access, \$35 annually
- Access to a 20% discount at a network of complementary and alternative medicine providers:
  - Acupuncturists
  - Chiropractors
  - Massage therapists
  - Naturopathic physicians
  - Visit [www.chpplans.us](http://www.chpplans.us) for listing
- Access to the LifeBalance Program, which includes discounts at over 1,500 recreational & cultural businesses in Oregon. For example:
  - Fitness clubs, yoga, Pilates studios
  - The symphony, museums, and theater
  - Ski passes, store discounts, and special events
  - Visit [www.chpplans.us/LifeBalancePrograms](http://www.chpplans.us/LifeBalancePrograms)
  - Visit [www.chpplans.us](http://www.chpplans.us) for listing
- Access to a special discount at Cancer Nutrition Centers of America for premium dietary supplements designed to enhance your immune system and promote your health and wellness.
  - Visit [www.chpplans.us/cancernutritioncenters](http://www.chpplans.us/cancernutritioncenters)
- Save on prescription and non-prescription medications via mail order from Wellpartner pharmacy, a full-service home delivery pharmacy. Visit [www.chpplans.us/wellpartner](http://www.chpplans.us/wellpartner).

---

### CAM Affinity

#### **CAM Affinity,\* includes access for employees and their dependents:**

- Low cost for one full year's access, \$25 annually
- Access to a 20% discount at a network of complementary and alternative medicine providers:
  - Acupuncturists
  - Chiropractors
  - Massage therapists
  - Naturopathic physicians
  - Visit [www.chpplans.us](http://www.chpplans.us) for listing
- Access to a special discount at Cancer Nutrition Centers of America for premium dietary supplements designed to enhance your immune system and promote your health and wellness.
  - Visit [www.chpplans.us/cancernutritioncenters](http://www.chpplans.us/cancernutritioncenters)
- Save on prescription and non-prescription medications via mail order from Wellpartner pharmacy, a full-service home delivery pharmacy. Visit [www.chpplans.us/wellpartner](http://www.chpplans.us/wellpartner).

\*CAM Plus is not an insurance product.

6600 SW 105th Avenue, Suite 115, Beaverton, Oregon 97008 T 503.619.2033 T 800.449.9479  
F 503.203.8522 E-mail: [sales@chpplans.us](mailto:sales@chpplans.us)

