Now you have more choices for care
You’re more informed as a health care consumer today than ever before, and you need a health plan that gives you a broad array of treatment options. Humana also understands that your health care decisions reflect your personal philosophies and priorities. Now, when you select a Humana health plan, you’ll receive discounts on complementary and alternative medicine (CAM) services that include chiropractic care, acupuncture and massage.*

These discounts are provided in addition to your insured benefits at no additional cost. We’re offering the discounts to enhance – not diminish – the role and care of conventional medicine.

Who provides CAM services for Humana?
The American WholeHealth (AWH) network provides CAM discount services for Humana members and includes more than 25,000 practitioners.

How do I access CAM services?
You do not need a referral to visit a massage therapist, acupuncturist or chiropractor participating in the discount program since this is not part of the insurance policy. However, certain CAM services may be covered by your health plan, so be sure to use your insured benefits whenever possible. You may visit AWH network providers as often as you like, although we do encourage you to let your primary care physician know about any treatment you are considering. As a member, you simply select a provider through MyHumana, the personal page on www.humana.com, or call the Customer Service number on the back of your ID card, then show your Humana ID card when you receive services and the specified discount. It’s that easy.

Don’t see your current CAM provider listed?
After searching for participating AWH providers, you can nominate them online for possible inclusion into the network.

Another reason to choose Humana.
Once you become a member, you can start taking advantage of discounted CAM services. With Humana, you get more than a medical plan – you get savings on the services that may make it easier to stay healthy.

*This is not an insurance product.
Not available in Arkansas, Oklahoma, Tennessee and where prohibited by law.