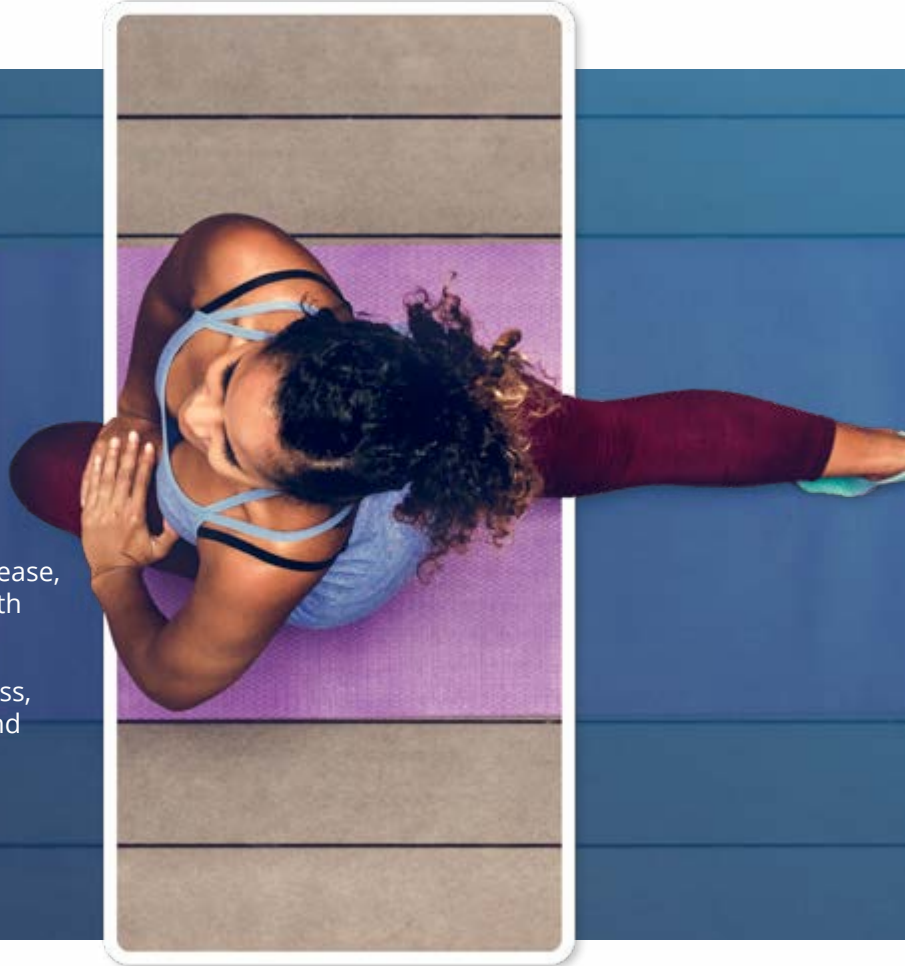


Alternative Medicine

Provide Alternative Medicine Solutions at Reduced Costs

- ▶ As traditional healthcare costs continue to increase, over 37% of adults have turned to natural health and wellness methods
- ▶ Forms of alternative medicine help reduce stress, relieve migraines, help people quit smoking, and more
- ▶ Employees can access the benefit through the **New Benefits mobile app** and **MemberPortal.NewBenefits.com**



How Alternative Medicine Works

- ▶ Employees enjoy savings on a variety of specialties, including acupuncture, massage therapy, hypnotherapy, yoga, and tai chi
- ▶ Access includes over 35 specialties and 35,000 practitioners nationwide
- ▶ Employees just present their card with the Tivity Health logo and pay the discounted price at the time of service

Employees save 10% to 30% on alternative medicine practices

35.2 million adults use yoga as a complementary health approach

Acupuncture may reduce frequency of headaches by 50%