

Relax. Unwind. Stretch out.

# Providing you affordable options for high-cost medications.



## You're covered in more ways than one.

There's more than one set way to achieve a healthy spirit, mind and body. So we created the tri-state area's<sup>1</sup> first fully credentialed network dedicated to complementary and alternative medicine (CAM). Today, it includes more than 5,140 providers<sup>2</sup> in the following fields:

- Nutrition
- Chiropractic medicine
- Naturopathic medicine (Connecticut only)
- Massage therapy
- Yoga
- Acupuncture

## We are proud to offer a fully credentialed network of CAM providers.

This means our CAM providers must:

- Meet state licensure, registration or certification requirements
- Meet clinical experience requirements and be committed to continuing education in their discipline
- Meet malpractice requirements
- Have specialty certifications, where applicable
- Become re-credentialed every three years

Learn more about our CAM network and search for a CAM provider at [oxfordhealth.com](http://oxfordhealth.com).

## Take advantage of CAM benefits.

Out-of-pocket costs for CAM services are based on the "contracted rate" (an agreed upon price for a service between us and the provider), in- or out-of-network benefits associated with your Oxford plan or the Alternative Medicine Rider your employer may have chosen for your group's Oxford coverage. Check with your employer today to see how CAM benefits may apply to you.



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<sup>1</sup> The Oxford tri-state area includes New York, New Jersey and Connecticut.

<sup>2</sup> Based on June 1, 2006 provider data. Restrictions may apply. Depending on a member's plan, a member may have access to CAM through paying a contracted rate (applies to nutritionists, naturopaths [in CT only], yoga instructors, chiropractors, massage therapists, and acupuncturists); standard in-network benefits (applies to chiropractors; applies to naturopaths only in CT); out-of-network benefits; or an alternative medicine rider if purchased by the employer. Members can check their Certificate of Coverage for the specifics of their plan. Learn more about the Oxford CAM network and search for a CAM provider at [www.oxfordhealth.com](http://www.oxfordhealth.com).