

Landmark's Group Voluntary **CHIROPRACTIC AND ACUPUNCTURE PLANS**

Enjoy a more innovative way to manage your healthcare with ultimate savings on healthcare costs

You can now choose to add chiropractic and acupuncture care to your benefits plan for fast, convenient and affordable access to care when you want it. Enjoy the highest quality healthcare that's natural and drug free, with no deductibles and low co-pays. Your employer has chosen to offer you a voluntary chiropractic and/or acupuncture plan(s) for your enrollment consideration. Join millions of Californians who find effective pain relief through this holistic approach to wellness — the perfect balance, delivering flexibility and value.



Advantages of purchasing a Landmark plan through your employer

- Premiums are paid through convenient payroll deductions
- Premiums are paid using pre-tax dollars which increases your take home pay

Advantages of enrolling in a Landmark chiropractic/acupuncture plan:

- Your Landmark plan benefits are not subject to any deductibles or co-insurance.
- See your chiropractor/acupuncturist for wellness care or the treatment of chronic or acute conditions—prior authorization is never required.
- Choose from hundreds of quality chiropractors and acupuncturists in our network.
- Provides a quicker return to work—since Landmark offers a less aggressive, natural treatment alternative, you will be able to return to work sooner and/or continue treatments while working.

Benefits of Acupuncture

Acupuncture is a 3,000-year-old healing technique of Traditional Chinese Medicine recognized by the U.S. National Institutes of Health (NIH) for its safety. Acupuncture is used most broadly to relieve pain, to prevent, diagnose and treat disease, as well as to improve general health.

Benefits of Chiropractic Care

The best prescription for an active healthy lifestyle is a properly aligned and functioning spine. Back pain and decreased mobility are the body's way of telling us something is not right. Chiropractic care can correct or even prevent these painful conditions.

Don't miss the opportunity to enjoy all that Landmark Healthplan has to offer you.

Enroll now, before your Open Enrollment deadline!

www.LHP-CA.com