

Employee Benefits Advisor

Helping you get the most from your benefit plans.

Aetna Alternative Health Program

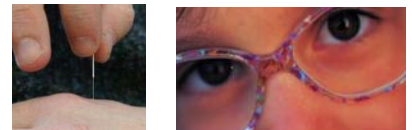
As your benefits advisor, RSI is committed to providing you with information on the various supplemental benefits through Aetna. Aetna offers alternative approaches to preventive care and the maintenance of good health through three channels:

Natural Alternatives:

Aetna members have access to a national network of alternative health practitioners offering discounts on massage therapy, acupuncture, nutritional counseling, and chiropractic care.

To take advantage of this benefit:

- ◆ Select an alternative therapy professional from Aetna's network, which can be found on their website, and make an appointment. There's no need to contact Aetna or your primary care physician for approval.
- ◆ Present your Aetna card and pay the discounted rate for services rendered. These discounted rates can also be found on Aetna's website.



Natural Products:

Aetna members receive discounts on many health-related products, such as aromatherapy, foot care, yoga tools, natural body care, and more.

To purchase these products:

- ◆ Contact InterNatural - www.internat-aetna.com or by calling 1-800-643-4221.
- ◆ Identify yourself as an Aetna member (ID number may be required).
- ◆ Pay the discounted rate for the products you order.

Vitamin Advantage:

Aetna members can purchase vitamins and nutritional and herbal supplements. To get started:

- ◆ Contact one of the participating retailers:
InterNatural - www.internat-aetna.com or 1-800-643-4221.
WebVitamins, Inc. - www.va.webvitamins.com
- ◆ Identify yourself as an Aetna member (ID number may be required).
- ◆ Pay the discounted rate for the products you order.

For more information on these programs, go to Aetna's website, www.aetna.com, and log in to Aetna Navigator (you will have to create a username and password). Then click on: Benefits, Health Programs, and then Alternative Health Care Discounts.

You can also call the Member Services number on your ID card.



If you have any questions about this topic, please contact your RSI Benefit Service Specialist at 1-800-394-6111.