



## March 2009 Tip of the Month

### **A Tip from *The Benefits Expert***

**Did you know...** you can get great discounts on massage therapy, acupuncture, chiropractic services and other types of alternative health care?

[USF Campus Recreation](#) offers massage therapy at discounted rates for faculty, staff and students. Massage options include relaxation, Swedish, prenatal, reflexology, deep tissue, sports and chair massage. Campus Rec membership is not required. For more information or to schedule an appointment call (813) 974-7084 or visit Campus Rec's [massage therapy webpage](#).

### **AvMed's [Healthy Living Programs](#)**

AvMed members can receive discounts on acupuncture, massage therapy, relaxation techniques and biofeedback. Call AvMed Member Services at 1-800-882-8633.

### **Blue Cross Blue Shield of Florida's [BlueComplements Program](#)**

BCBS members receive discounts up to 25% and more with contracted chiropractic, acupuncture and massage therapy providers (ASH Networks) in Florida and nationwide. Call 1-877-335-2746 or visit [ChooseHealthy](#).

### **United Healthcare's [UnitedHealth Allies Discount Program](#)**

United Healthcare members can receive discounts on chiropractic care, acupuncture and massage therapy. To search UnitedHealth Allies click [here](#) to login, select "Wellness", "Select a Specialty" and enter your zip code for providers near you.

Get ready for spring by taking great care of yourself now!