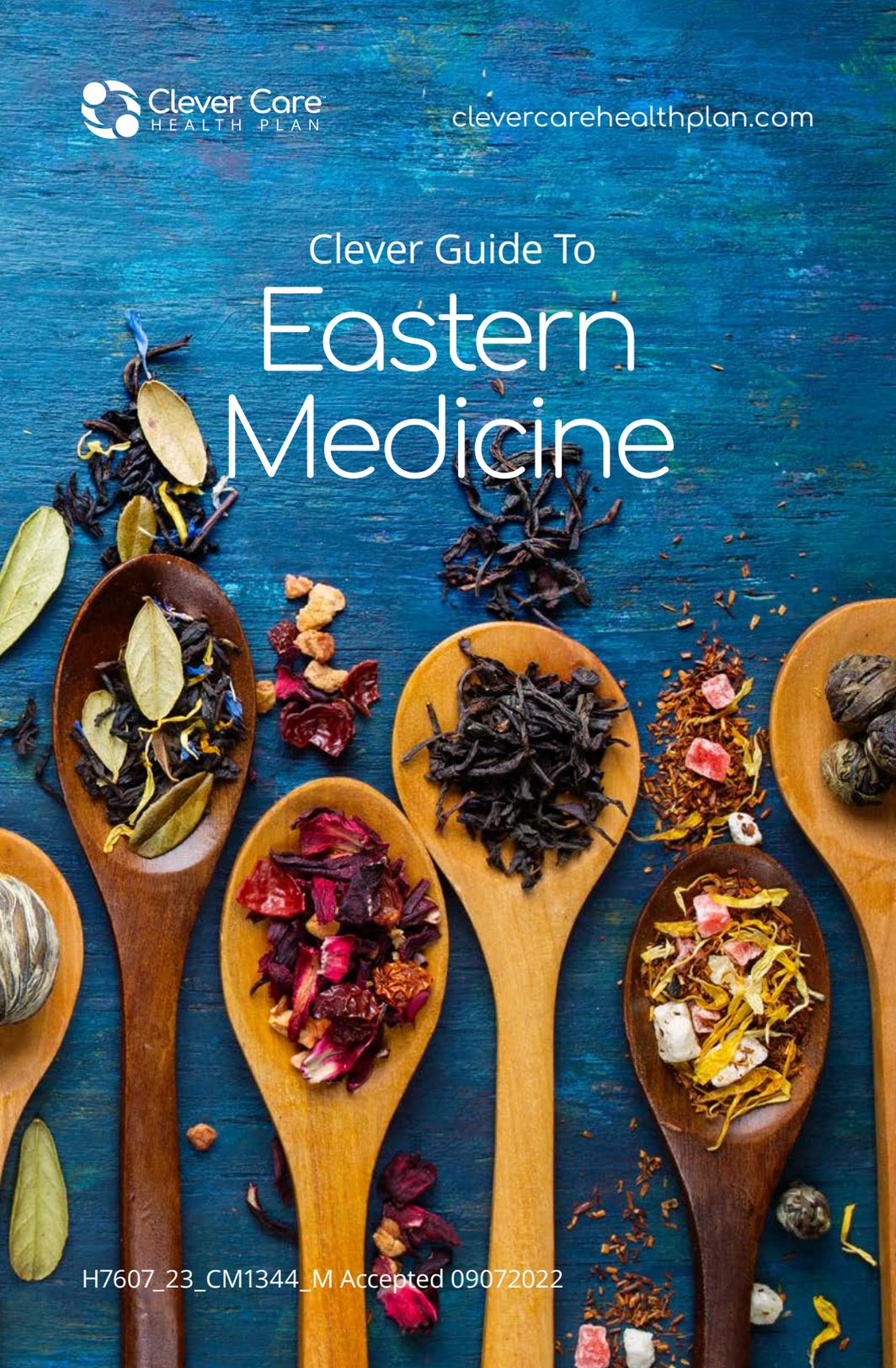
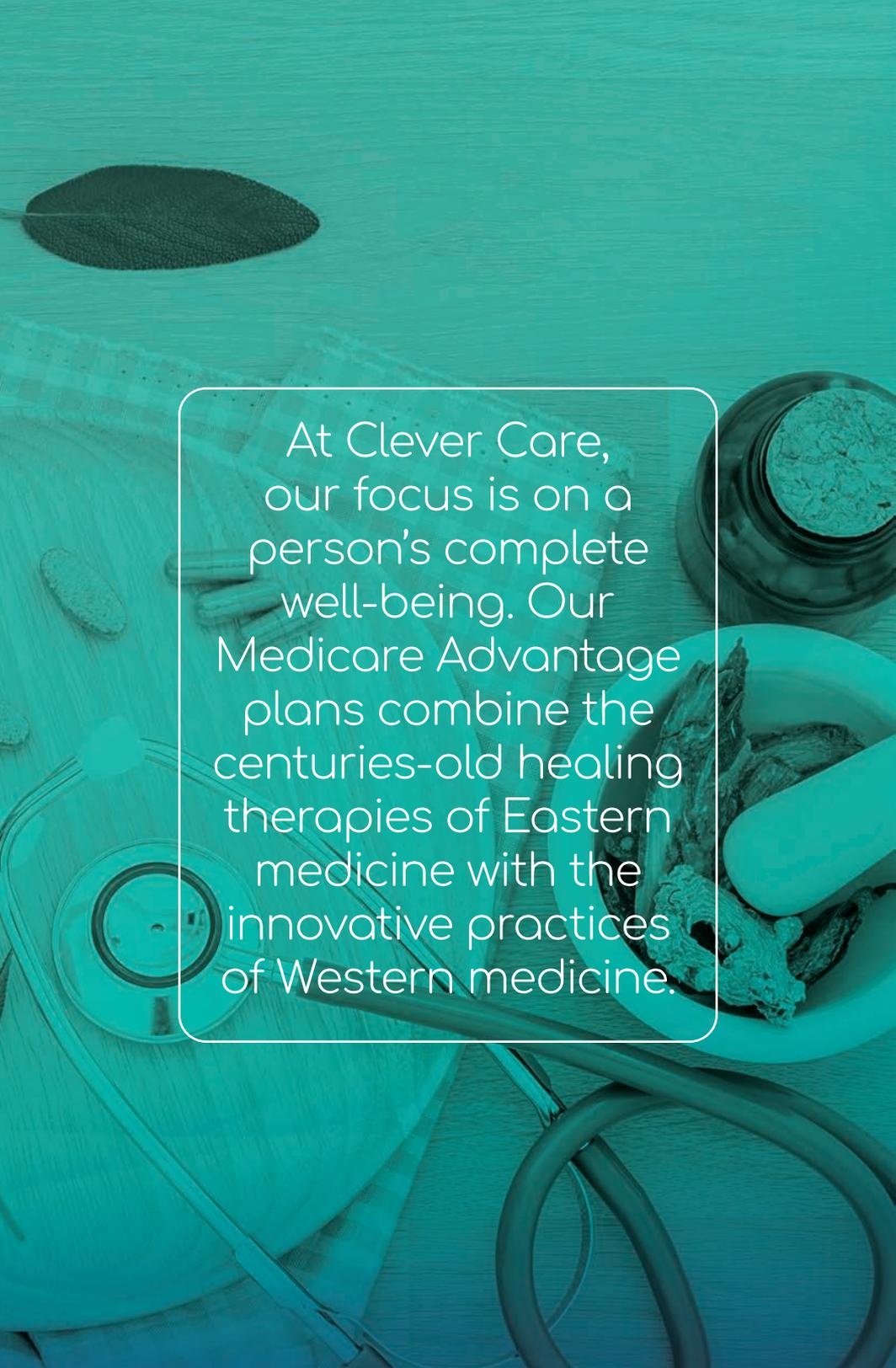
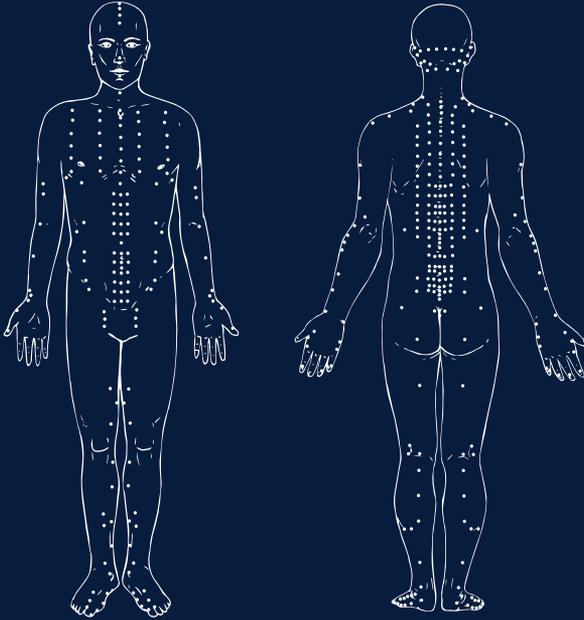


# Clever Guide To Eastern Medicine





At Clever Care,  
our focus is on a  
person's complete  
well-being. Our  
Medicare Advantage  
plans combine the  
centuries-old healing  
therapies of Eastern  
medicine with the  
innovative practices  
of Western medicine.



## Eastern Medicine Background

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Eastern medicine explores the intimate relationship between the human body and its natural environment. Natural treatment methods such as acupuncture, herbal remedies, and cupping are used. Additionally, energy balancing exercise supports the well-being of the mind and body. Combining these techniques enhances the management of chronic conditions, minimizes symptoms, and improves disease prevention.

## Health Benefits of Eastern Medicine

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Eastern medicine is a 2,000 year old medical system, derived from the theory that “Qi” (the life force) flows throughout the body.

When the Qi is compromised, the body is susceptible to disease. Specialists who use Eastern medicine understand that the cause of health problems is an imbalance in the body rather than a one way direct diagnosis and treatment perspective.



Acupuncture



Herbal Supplements

## Acupuncture

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Acupuncture is a treatment using needles to manage pain, such as headaches, tennis elbow, myofascial pain, lower back pain, or dental pain after surgery. It is also used to improve the functionality of patients with osteoarthritis, fibromyalgia, asthma, or carpal tunnel syndrome.

**Electroacupuncture** is a type of acupuncture using electric stimulation to help patients manage pain.

## Tai Chi

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Tai chi enhances brain metabolism and muscle energetics in older adults. Overall, Tai chi helps people suffering from osteoarthritis, pain, depression, balance-confidence, general falls, and can improve management of hypertension.

## Herbal Supplements

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Herbal supplements, such as White Flower Oil, Bird's Nest, and many others, have been used in many Asian cultures for thousands of years to address a multitude of health concerns. Herbal therapy addresses health conditions by restoring balance within the body and improving resistance to disease. Herbal supplements have shown effects promoting anti-inflammation, anti-oxidation, anti-apoptosis, and autophagy.

## Tui Na

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Tui Na is a massage method designed to increase muscle strength, flexibility, balance, and aerobic conditioning.



Cupping Therapy



Reflexology

## Cupping Therapy

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Cupping is a technique in which glass or plastic cups are placed on the body. The pressure inside of the cup lifts the skin and the muscle to assist in various medical ailments. Joint pain, back and neck pain, arthritis, abscess, facial paralysis, are some of the conditions treated with cupping.

## Massage and Reflexology

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Massage and reflexology improve general well-being, particularly in people with chronic conditions. Additional benefits are better sleep, stress management, and improved relaxation.

## MedX™ Treatments

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MedX is a brand of advanced rehabilitative equipment designed specifically for the isolation and treatment of chronic back pain and dysfunction. Developed by Arthur Jones, the founder of Nautilus exercise equipment, treatments reduce chronic back pain and dysfunction through specific spinal strengthening exercises using the MedX Lumbar and Cervical Extension Machines. MedX focuses on increasing strength, decreasing pressure on spine and nerve roots, and ultimately reducing pain.



## The Clever Care Approach

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Clever Care is committed to delivering care with a focus on preventive treatments through integrating Eastern and Western medicine. While Western medicine's treatment of illness is crucial for long term conditions, Eastern medicine focuses on managing stress and returning the body's natural balance. Eastern medicine promotes the practice of focusing a person's energy on adapting their lifestyle beyond diagnosis. Together, the principles of East and West create a balanced healthcare solution that promotes preventive measures, specialty care, healing, and management of chronic conditions.



We encourage those interested in trying herbal supplements or any wellness therapies or acupuncture to talk to their doctor before beginning any regimen or treatment. Seek services from licensed acupuncturists and trained herbalists to ensure quality and safety.

Visit or call us to learn more.  
[clevercarehealthplan.com](http://clevercarehealthplan.com) | (833) 365-1888 (TTY: 711)



# Our Eastern Medicine Benefits

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In addition to competitive medical and prescription drug benefits, Clever Care Medicare Advantage HMO Plans offer coverage for Eastern medicine services at no additional cost.



## Acupuncture

Plans include visits to contracted acupuncture providers, with no referrals required. Additional Eastern wellness treatments are also available for alternate therapies performed at a contracted acupuncturist facility.

### Services include:

- Cupping/Moxa
- Med-X treatments
- Tui Na
- Gua Sha/IASTM
- Reflexology

## Herbal Supplements

Herbal supplements are indicated for the treatment of conditions such as allergies, anxiety, arthritis, back pain, eczema, fatigue, insomnia, menopause symptoms, obesity, and many more.

### Covered herbal supplements include:

- Red Ginseng
- White Flower Oil
- Bird's Nest
- Se Ci Yu Medicated Oil
- Pei Pa Koa (for cough)
- Cordyceps
- Tiger Balm
- Eagle Brand
- Fufang Ejiao Jiang (for energy/anemia)
- Yunnan Baiyao
- Weitai 999 (for stomach acid)
- Bu Xin Wan (for heart)

Please note that this is a partial list of covered supplements that is subject to change.

Visit [clevercarehealthplan.com/list-of-eastern-medicine](https://clevercarehealthplan.com/list-of-eastern-medicine) to find out whether a supplement you would like to use is covered.



## Health & Wellness Flexible Allowance

Clever Care members have flexibility and choice when it comes to wellness!

We encourage our members to take care of their overall health. To improve access to your wellness benefits, we offer a flexible allowance that can be used for:



Eligible fitness activities (golf, gym membership, fitness classes, and more)



Over-the-counter items (non-prescription pain medication, vitamins, bandages, and more)



Herbal supplements

With some plans, you can choose how to spend your allowance on any combination of these approved items/services. Members will receive a Clever Care flexible allowance debit card. After you activate the card, you may purchase qualified products and services with your available funds. Allowance amounts and other requirements vary by plan. Choose the plan that fits your unique needs for overall health!

## Our Commitment to Comprehensive Care

We are committed to our members' whole well-being. In addition to medical, prescription drug, and Eastern medicine coverage, our Medicare Advantage plans include Vision, Dental, and Hearing benefits at no added cost.

To learn more about our plans, call us at **(833) 365-1888 (TTY: 711)\*** or visit **[clevercarehealthplan.com](https://clevercarehealthplan.com)**.

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Clever Care Health Plan is an HMO and HMO C-SNP with a Medicare contract. Enrollment depends on contract renewal.

\*Hours of operations are 8 a.m. to 8 p.m., seven days a week, from October 1 through March 31, and 8 a.m. to 8 p.m., weekdays, from April 1 through September 30.



Clever Care™  
HEALTH PLAN

Your partners for  
comprehensive care

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