



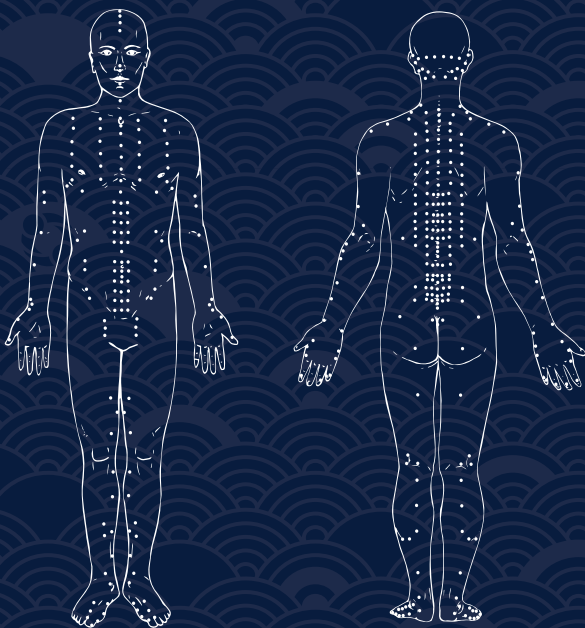
Clever Guide To

# 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

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

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 can be an imbalance in the body rather than believing each health issue is an isolated diagnosis that can be treated by medication.





Acupuncture



Herbal Supplements

## Acupuncture

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

The gentle moving meditation of Tai Chi helps to improve cognitive functions in older adults in addition to the physical benefits. Overall, Tai chi helps people suffering from osteoarthritis, pain,

depression, balance-confidence, general falls, and can improve management of hypertension.

## Herbal Supplements

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, antioxidation, anti-apoptosis, and autophagy.





**Cupping Therapy**



**Reflexology**

## **Tui Na**

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

## **Cupping Therapy**

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, and facial paralysis are some of the conditions treated with cupping.

## **Massage and Reflexology**

Massage and reflexology improve general well-being, particularly in people with

chronic conditions. Benefits include better sleep, stress management, and improved relaxation.

## **MedX™ Treatments**

MedX is a brand of advanced rehabilitative equipment designed specifically for the isolation and treatment of chronic back pain and dysfunction. 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

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 health care 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](https://clevercarehealthplan.com) | (833) 365-1888 (TTY: 711)**





# Our Eastern Medicine Benefits

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)

Hundreds of other herbal supplements are available through a Clever Care Medicare Advantage plan.

Visit [clevercarehealthplan.com/flexbenefits](https://clevercarehealthplan.com/flexbenefits) for a list of participating stores.

# Health + Wellness centered around you

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



With Clever Care, you get medical and prescription drug coverage and a wide range of supplemental benefits, including:



Dental



Herbal supplements



Vision



Eastern wellness visits



Hearing



Acupuncture



OTC items



Rides to your doctor



Fitness



Medical alert device (PERS)



Culturally tailored  
health care solutions  
**We are committed to our members'  
whole well-being.**

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Clever Care Health Plan is an HMO and HMO C-SNP with a Medicare contract. Enrollment depends on contract renewal. The products and claims made about specific herbal supplement products purchased through the Clever Care Flexible Health & Wellness benefit have not been evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. Some herbal supplements may cause interactions with your prescribed medications. Please consult with your clinician or doctor.



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**Call Clever Care to learn more**

(833) 365-1888 (TTY: 711)  
[clevercarehealthplan.com](https://clevercarehealthplan.com)

**Or contact your trusted broker**



**If you're a Clever Care member, call here:**

(833) 388-8168 (TTY: 711)  
October 1 – March 31  
8 am – 8pm, 7 days a week

April 1 – September 30  
8 am – 8pm, Mon – Fri