



Half of America's workforce admits to having back problems. Chiropractic care can provide marked relief from pain and discomfort, while improving the quality of life and decreasing the likelihood of a recurrence.

CaliforniaChoice® offers low-cost chiropractic and acupuncture benefits for members through their employer. Your chiropractic benefits will depend on what your employer has selected to offer.

Chiropractic benefits appear on your ValuePlus card or can be viewed – along with your other optional benefits – online, anytime at [www.calchoice.com](http://www.calchoice.com).

## Chiropractic/Acupuncture Benefits by Landmark™ Healthcare

Landmark Healthcare Chiropractic and Acupuncture benefits are available for a low monthly fee and affordable copays with FREE personalized health coaching and education services through its WellCall program.

WellCall provides resources or information to meet virtually any need for preventive health and wellness assistance, including weight management, fitness and exercise, smoking cessation, having a healthy pregnancy, parenting, and health- and self-management. Log on to [www.wellcall.com](http://www.wellcall.com) or call **888.493.5522** for more information.

### Benefits available through landmark healthcare

- Chiropractic and Acupuncture office visits
- Acupuncture treatment herbal therapies
- Acupuncture discounts on office visits, examinations, and all acupuncture procedures
- Chiropractic discounts on office visits, examinations, adjustments, diagnostic procedures and x-rays, and chiropractic medical appliances
- WellCall health coaching, education and referral services