

Hypnotherapy

This form of treatment relieves various physiological and psychological conditions. Unlike regular sleep, where the brain is inhibited in a generalized way, hypnotherapy uses a special sleep state – active sleep – to partially inhibit some of the brain's foci activity. It is used to treat various emotional and physical conditions.

Naturopathic Medicine

This healthcare system is based on stimulating the body's innate healing power. It uses botanical medicine, homeopathy, hydrotherapy, chelation, acupuncture and other therapies to attend to a patient's health conditions. Naturopathic medicine also educates patients on how to take care of their health and participate in the healing process.

Traditional Chinese Medicine

These healing techniques and methods are based on traditional Chinese medicine principles. This includes various forms, such as the stimulation of acupuncture points using needles, lasers, electricity, heat (moxibustion), massage (acupressure), magnets, bloodletting, injections, ear acupuncture or cranial acupuncture. It also uses Chinese herbs, oriental nutrition and food, oriental massage (Tuina), exercise (Qi gong, Tai-chi) and others.

Chiropractics

This practice is based on the concept that human vital energy moves through the spinal column, and that any alteration in this energy flow degenerates into sickness. Using spinal adjustment techniques, the chiropractor restores the normal flow of energy to achieve the total or partial disappearance of the patient's symptoms.

Reflexology

This specialized technique provides treatment for various health conditions by activating acupressure points on the feet and hands, as they relate to each of the body's organs. It uses feet and hand diagrams established by traditional Chinese medicine.

Clinical Nutrition

This complementary form uses food supplements such as vitamins and minerals, which are administered orally or through injections to treat various health conditions.



787.758.2500

mcs.com.pr

This brochure contains a summary of the benefits covered by MCS Alivia. Its content is subject to the provisions of the policy. Some restrictions, conditions or terms may apply. Suscribed by MCS Life Insurance Company. (Rev. May 2016)

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MCS offers **MCS Alivia** – a holistic and complementary therapy and treatment program. These treatments have proven to be effective options for managing pain and relief from ailments such as herniated discs, arthritis, carpal tunnel syndrome, migraines, neuropathies, and other health conditions.

WHAT IS COMPLEMENTARY OR HOLISTIC MEDICINE?

It combines traditional or conventional medicine with therapeutic forms of holistic medicine to promote wellness and prevent diseases. Both conventional and holistic medicines are based on scientific methods and conducive to a patient's optimal wellness within the limitations a health condition can present.

WHAT IS THE PURPOSE OF HOLISTIC OR COMPLEMENTARY MEDICINE?

Holistic or complementary medicine focuses on disease prevention. If a condition already exists, it involves the coordinated intervention of therapies to reestablish a patient's physical, mental and emotional health. This includes:

- Disease prevention and the promotion of a healthy lifestyle
- Disease healing and care
- Management of chronic or incurable conditions and the prevention of premature death
- Cost-effective medicine
- The reduction of work absenteeism

WHO CAN BENEFIT FROM MCS ALIVIA?

People with various health conditions will experience relief after receiving the treatments offered by MCS Alivia. The program covers the principal member and direct dependents who suffer from the following conditions:

- Gastrointestinal diseases, allergies, asthma and others
- Incurable or terminal muscular skeletal conditions
- Conditions that require a chronic and acute pain management program
- Neurological conditions such as migraines, neuropathy and facial paralysis, among others.

WHO PROVIDES MCS ALIVIA SERVICES?

Members are attended to by accredited doctors and health professionals, registered nurses and technicians specialized in the various therapeutic forms.

HOW ARE THEY ACCESSED?

Visit a conventional doctor at any of our service centers. The doctor will determine the treatment forms you need to treat and improve your condition.

For information on MCS Alivia Centers, contact our Customer Service Center at 787.281.2800 in the Metro Area and 1.888.758.1616, Toll Free. You can also access MCS Alivia Centers through mcs.com.pr. On the home page under Health & Wellness, select MCS Alivia. Then choose the MCS Alivia Centers link.

WHAT BENEFITS DOES MCS ALIVIA INCLUDE?

\$15 co-payment per visit per member¹

For the number of visits per policy year, please refer to your benefits coverage.

1. Additional visits will be paid based on a fixed rate, and are the member's responsibility.

THERAPEUTIC FORMS

Conventional Primary Medicine

Conventional medical care is provided by specialists in family medicine, Chinese medicine and acupuncture.

Medical Acupuncture

Acupuncture is based on the body's ability to regenerate and heal itself through stimuli produced by the insertion and manipulation of needles or other instruments at certain points. These points have defined with therapeutic purposes.

Massage Therapy

Massage therapy focuses on the human being as a whole, with disease seen as the breakdown of the constant flow of energy, nutrients and well-being that guarantee a person's optimal health. A combination of specialized techniques using hands, elbows, and additional instruments are used to activate the blood flow and energy necessary for the patient's reconstitution.

Aromatherapy

Aromatherapy uses therapeutic, psychological, and physiological properties of pure essential oils to achieve a balance between the body, mind and spirit to achieve optimal health. Oils are used in various ways, such as, inhalation, diffusers, compresses, aromatherapy massage, and mud poultices in specific areas.

Pranic Healing

This therapeutic form is based on the concept that the body possesses life-giving energy, which many scientists call electromagnetic energy or bioenergy. By managing this vital energy, the therapist improves the patient's health condition.

Botanical Medicine

This is the use of medicinal plants or their derivatives to treat diseases. Various forms of applications are used, such, as tea infusions, capsules, injections, dyes, suppositories, compresses, baths or creams. This form is also known as herbal medicine or herbology, o fitoterapia.

Music Therapy

Music Therapy is designed to open up communication channels through sound, rhythm, gestures, movement and silence. Working at the psychological, physical and cognitive levels, Music Therapy is widely used to treat mental conditions, addiction, depression, hyperactivity or hypoactivity, and more.

