

Hypnotherapy

This treatment method relieves various psychological and physical conditions. Unlike regular sleep when the brain is inhibited in a generalized way, hypnotherapy uses a special active sleep state that partially inhibits some brain activity. It is used to treat various emotional and physical conditions.

Naturopathic Medicine

This healthcare system is based on the stimulation of the body's innate healing power. It uses botanical medicine, homeopathy, hydrotherapy, chelation and acupuncture, among other therapies to treat a patient's health conditions. Naturopathic medicine educates patients on caring for their health and participating in the healing process.

Traditional Chinese Medicine

These healing techniques and cures are based on traditional Chinese medicine principles. This healing system includes various methods, such as: the stimulation of acupuncture points using needles, laser, electricity, heat (moxibustion), massage (acupressure), magnets, bleeding, injections, ear acupuncture or cranial-acupuncture. It also uses Chinese herbs, Oriental nutrition and food, Oriental massage (Tuina) and exercises (Qi gong, Tai-chi), among others.

Chiropractic

This method is based on the concept that human vital energy moves along the spine, and any alteration of this fluid energy causes the pathology that degenerates into illness. Using techniques to adjust the spinal column, a 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 through the activation of acupressure points on the feet and hands, as related to each organ of the body. It uses feet and hand diagrams established by traditional Chinese medicine.

Clinical Nutrition

This method complements nutrition through supplements, such as vitamins and minerals administered orally or by injection for various health conditions.

AGUADILLA

Body Align Structural Massage Health • Edif. Profes. Plaza, 10 Ste., 2nd Street, Km. 118.9 • 787.238.7909

BAYAMÓN

Centro Universitario de Medicina Integral y Complementaria (CUMIC) • 100 Laurel Ave, Santa Juanita Sq. • 787.269.0988

CAGUAS

Clinical Therapy Touch • Urb. Condado 115 Jazmín Steet • 787.444.3699

CAROLINA

Instituto de Acupuntura del Caribe • Villa Fontana, AL5 Vía Elena • 787.762.9424

Masaje Terapéutico & Personal Trai • 114-51 Roberto Clemente Ave. Villa Carolina Office 3 • 787.647.4107

DORADO

Armonía Natural, Inc • Dorado del Mar Shopping, Local 20 • 787.796.3380

MANATÍ

Armonía Natural, Inc. • B18 Flamboyán Street • 787.884.7024

MAYAGÜEZ

Acupati, Inc. • 32 Del Río Street • 787.831.7173
Centro de Terapia Muscular LLC • Medical Center Plaza, 740 Hostos Ave., Ste. 212 • 787.949.6590

SAN JUAN

Alternativa Moderna de Medicina Especializada • Country Club 877, Ave. Campo Rico • 787.594.2915
Condado Wellness Center • San Juan Health Center, Ave. de Diego 150, 2do piso • 787.230.7557
Everest Medical Center • Cond. Dalia Hills, Box 15 • 787.782.6736
Centro de Medicina Familiar y Complementaria de Río Piedras • 210 Arizmendi Street • 787.754.7133
Pain Busters • 1475 Wilson Street, 4th Ste. • 787.550.9166

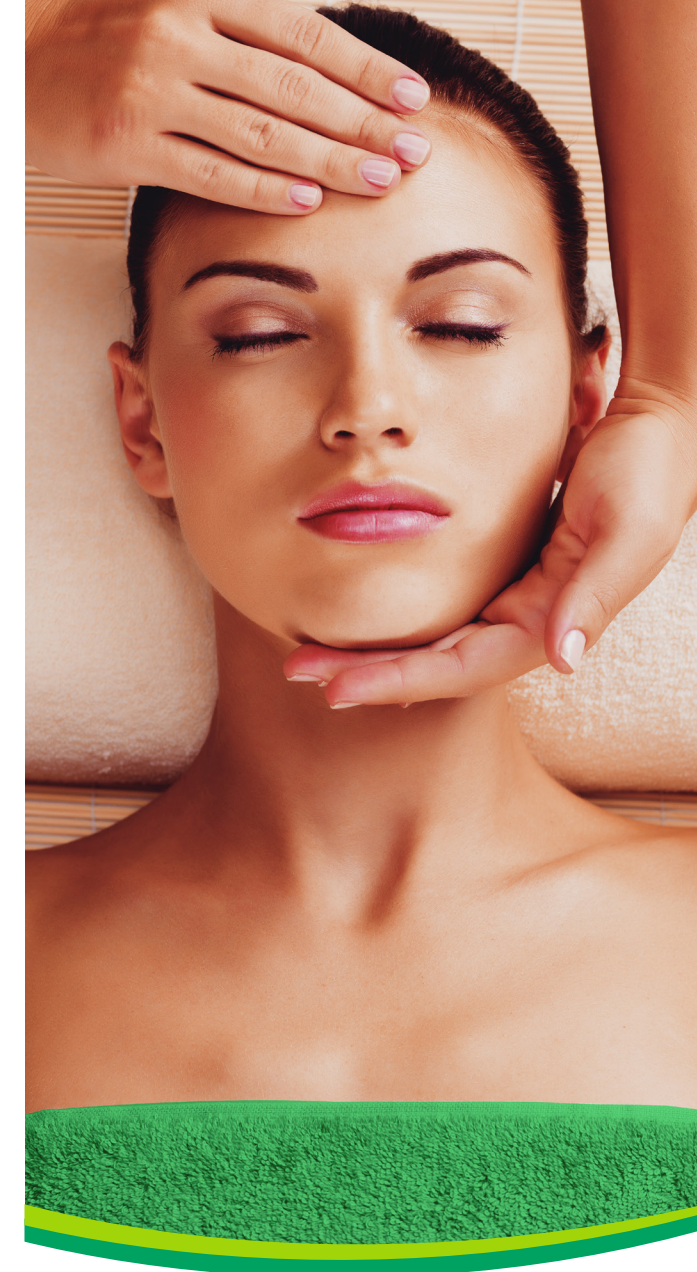
SAN SEBASTIÁN

Clínica de medicina alternativa bienestar social • 424 Emerito Estrada, 2nd Ste. • 787.762.9424

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MCS makes its integrated and complementary **MCS Alivia** treatment program available to you. These treatments have proven to be effective therapeutic options for managing pain and bring relief from ailments such as herniated discs, arthritis, carpal tunnel syndrome, migraines, neuropathies and other health conditions.

WHAT IS INTEGRATED OR COMPLEMENTARY MEDICINE?

This is the combination of traditional or conventional medicine with integrated medicine therapies to promote good health and prevent illnesses. Both conventional and integral medicine are based on scientific methods and promote optimal health, even with the limitations a health condition may present.

WHAT IS THE PURPOSE OF INTEGRATED OR COMPLEMENTARY MEDICINE?

The purpose of integrated or complementary medicine is to prevent illnesses, or if one occurs, the coordination of interventions for therapies to reestablish physical, mental and emotional health. This includes:

- Illness prevention and the promotion of health
- Care and healing of illnesses
- Management of chronic and incurable conditions, and the prevention of premature death
- Cost-effective medicine
- Decrease in absenteeism at work

WHO CAN BENEFIT FROM MCS ALIVIA?

Those with various health conditions can experience significant relief from the treatments offered by MCS Alivia. The program covers the principal insured and direct dependents who suffer from the following conditions:

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

WHO OFFERS MCS ALIVIA SERVICES?

Insureds are treated by doctors and accredited healthcare professionals, registered nurses and technicians specializing in various therapeutic methods.

HOW IS IT ACCESSED?

Visit a conventional doctor at any Service Center to determine the treatment methods you need to treat or improve your condition.

For information on MCS Alivia Centers, contact our Customer Service Center at 787.281.2800, metro area, and 1.888.758.1616, toll free. You can also access MCS Alivia Centers through mcs.com.pr. On the main page under Health & Wellness, select MCS Alivia. Then select the MCS Alivia Centers link.

WHAT BENEFITS DOES MCS ALIVIA INCLUDE?

\$15 copayment per visit, per insured.

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

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

THERAPEUTIC METHODS

Primary Conventional Medicine

Conventional medical care 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 stimulus produced by the insertion and manipulation of needles or other instruments at determined points. These points have been clinically defined for therapeutic purposes.

Therapeutic Massage

Therapeutic massage is based on the concept of the total human being, and that illnesses can be combated through the constant flow of energy, nutrients and wellness, to ensure optimal health. Through a combination of specialized techniques using the hands, elbows and certain instruments, blood flow and the necessary energy can be activated to restore the patient.

Aromatherapy

Aromatherapy uses the therapeutic, psychological and physiological properties of pure essential oils to reach a balance among the body, mind and spirit for optimum health. The oils can be used in various ways, such as: inhalation, diffusion, compresses, aromatherapy massage, and mud packs in different areas.

Bioenergetic Medicine (Pranic Healing)

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

Botanical Medicine

This is the use of medicinal plants or their derivatives to treat illnesses, with various forms of applications such as: tea infusions, capsules, injections, dyes, suppositories, compresses, baths or creams. This method is also known as herbology or herbal medicine.

Music Therapy

This method uses music in a therapeutic manner, and is aimed at opening channels of communication through sound, rhythm, gestures, movement and silence. Working at the psychological, physical and cognitive levels. Music therapy is highly used in treating mental conditions, addictions, depression, hyperactivity or hypoactivity, among others.

