



Take care of that
PAIN
in your _____!

Get immediate, natural relief with chiropractic and acupuncture coverage from Landmark Healthplan

YOUR ILWU BENEFITS = YOUR RELIEF FOR ONLY \$15!

A chiropractic and acupuncture benefit plan from Landmark is your low-cost, natural alternative to drugs and surgery for the relief of back, muscle and joint pain. Landmark has over 1,800 chiropractors and acupuncturists throughout California. Visit www.LHP-CA.com/ILWU to find a provider near you or call Landmark at 800-298-4875.

Landmark chiropractic and acupuncture benefits are NOT subject to your health plan's deductibles or coinsurance requirements. Your only cost is office visit co-pays.

Log-on to your ILWU Landmark Healthplan page today for more information about how to access your benefits, or call us:

**www.LHP-CA.com/ILWU
800-298-4875**

LOW \$15 CO-PAY
NO DEDUCTIBLES
NO COINSURANCE

 **LANDMARK**
HEALTHPLANSM