

GHC-SCW Complementary Medicine



Traditional and Non-Traditional Medicine Working Together

At GHC-SCW, we believe in a holistic approach to wellness. We complement traditional medicine with alternative care like **therapeutic sessions** and **group classes**. Reach your highest health potential with the GHC-SCW complementary medicine program – **the first of its kind in Dane County!**

Therapeutic Sessions

Complementary medicine therapeutic sessions are one-on-one sessions available by appointment. They're open to all GHC-SCW members, no referral needed. Please refer to your Benefits Summary and Member Certificate for benefit details.

Acupuncture is a traditional Chinese therapy that uses thin needles to help stimulate the body's natural ability to heal.

Craniosacral Therapy is a light touch therapy using mostly stationary hand placements to bring balance to the body by releasing pain, stress and trauma.

Infant Massage Therapy uses light touch to strengthen the bond between parent and child.

Manual Lymph Drainage is a gentle technique to assist in boosting the immune system and increase lymph production.

Massage Therapy therapeutic techniques promote relaxation, soothe tension and aid in pain reduction by pressing and kneading muscles and soft tissues.

MindBody Appointments are an integration of several physical and energy-based techniques designed to reduce stress and its effects on our physical body.

Naturopathic Medicine combines herbal medicine, nutrition and other therapies for natural healing.

Oncology Care works with conventional cancer care by incorporating the healing therapies of massage, acupuncture, reiki and more.

Reflexology uses pressure on the foot to help relieve pain and other symptoms.

Reiki Therapy uses light touch to lower stress, enhance relaxation, relieve pain and increase self-awareness.

Thai Massage involves a practitioner that moves your body into comfortable, yoga-like stretches for total body relaxation.

Therapeutic Bodywork releases body tissues to help increase muscle function and treat chronic pain.



Get Started!

To schedule an appointment, visit ghcscw.com and log in to your **GHCMyChartSM** account or call **(608) 662-5090**.

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK20-122-1(11.21)FL

 **Group Health
Cooperative**

of South Central Wisconsin

ghcscw.com

GHC-SCW COMPLEMENTARY MEDICINE FEES

Service	Service Description	Non-Member Fees	Member Fees
Acupuncture	First consult, up to 90 minutes	\$148	\$83
	Follow-up visit, up to 60 minutes	\$87	\$53
	Community style (follow-up only)	\$57	\$32
Craniosacral Therapy	60 minutes	\$87	\$53
Massage Therapy	30 minutes	\$49	\$33
	60 minutes	\$87	\$53
	90 minutes	\$136	\$86
MindBody Appointments	60 minutes	\$87	\$53
	90 minutes	\$136	\$86
Naturopathy	First consult, 75 minutes	\$140	\$75
	Follow-up visit, 45 minutes	\$80	\$45
Reflexology	60 minutes	\$87	\$53
Reiki Therapy	60 minutes	\$87	\$53
Thai Massage	60 minutes	\$87	\$53
Therapeutic Bodywork	60 minutes	\$87	\$53
	90 minutes	\$136	\$86



GHC-SCW also offers a wide variety of classes and workshops.
Visit ghcscw.com for more details!

Please refer to your Benefits Summary and Member Certificate for copay information. If your health insurance plan is BadgerCare Plus provided through GHC-SCW, please note that BadgerCare Plus does not cover Complementary Medicine, and therefore, GHC-SCW does not provide coverage for these services.

Complementary Medicine Locations

East Clinic

5249 E. Terrace Dr.
Madison, WI

Hatchery Hill Clinic

3051 Cahill Main
Fitchburg, WI

Sauk Trails Clinic

8202 Excelsior Dr.
Madison, WI

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