

## PLANS AND PRODUCTS | CALIFORNIA

# Chiropractic and acupuncture supplemental benefit plans



Chiropractic care and acupuncture are increasingly popular ways for employees to improve their overall well-being and treat painful muscle and joint conditions like back pain. In fact, about a third of American adults now use various kinds of complementary care.<sup>1</sup>

When you choose a Kaiser Permanente supplemental benefit plan with chiropractic and acupuncture coverage, your employees get extra resources for improving their health, which can help them be even more engaged at work.

## Freedom to choose – without a referral

With our supplemental plans, your employees can see a chiropractor or acupuncturist for care without a referral from their doctor.<sup>2</sup> You have several plan designs to choose from, including these options.

## Popular plan options

Benefit	Copay/coinsurance option	Number of visits
Acupuncture only	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30
Chiropractic only <sup>3</sup>	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30
Chiropractic + acupuncture	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30



**For more information, please contact your Kaiser Permanente representative or account manager.**

<sup>1</sup> "Trends in the Use of Complementary Health Approaches Among Adults: United States, 2002-2012," Tainya C. Clarke, PhD, MPH, et al., National Health Statistics Reports, U.S. Department of Health and Human Services, February 10, 2015.

<sup>2</sup> Visits are subject to medical review by American Specialty Health Plans. Other exclusions and limitations apply.

<sup>3</sup> Health savings account (HSA)-qualified health plans are limited to \$0, \$5, \$10, and \$15 copays under the "chiropractic only" plan option (coinsurance doesn't apply).

<sup>4</sup> "American Specialty Health Group Receives Full URAC Accreditation for Clinical Integration," URAC, September 16, 2014, [urac.org/news/american-specialty-health-group-receives-full-urac-accreditation-for-clinical-integration/](http://urac.org/news/american-specialty-health-group-receives-full-urac-accreditation-for-clinical-integration/).

[account.kp.org](http://account.kp.org)



## Finding a provider is easy

Members can choose from more than 3,906 chiropractors and 2,873 licensed acupuncturists in California through American Specialty Health Plans of California, Inc. (ASH Plans), at [ASHLink.com/ash/kp](http://ASHLink.com/ash/kp). American Specialty Health Group, an affiliate of ASH Plans, has been recognized for clinical integration that helps make care safe, effective, and patient-focused.<sup>4</sup>



**KAISER PERMANENTE®**