

# Chiropractic, Acupuncture, Massage and Naturopathy benefits

As a Kaiser Permanente member, you get up to 20 combined visits per calendar year to participating chiropractors, acupuncturists, and massage therapists, and naturopaths—all for a low copay of \$20 per visit. Services are provided by American Specialty Health Systems, Inc. practitioners<sup>1</sup>. As an added benefit, no referrals are required for chiropractic, acupuncture and naturopathic services.<sup>2</sup> Visit <http://www.ashlink.com/ash/KaiserHIC> to find a practitioner near you.

## Chiropractic and manual manipulation services

- New-patient exam
- Established-patient exams
- Office visits with chiropractic manipulation
- \$50 allowance per calendar year toward chiropractic supports and appliances
- Adjunctive physiotherapy modalities and procedures
- X-rays, radiological consultations, and clinical laboratory services
- Covered conditions: Neuromusculoskeletal disorders

## Acupuncture services

- New-patient exam
- Established-patient exams
- Office visits with acupuncture treatment
- Adjunctive physiotherapy modalities and procedures
- Covered conditions: Pain, nausea, and musculoskeletal and related disorders

## Massage therapy services

- Initial therapy assessment
- Reassessments
- Massage therapy sessions require a referral by a Kaiser Permanente physician or participating American Specialty Health chiropractor
- Covered conditions: Myofascial/musculoskeletal disorders, musculoskeletal functional disorders, and/or pain syndromes

## Naturopathy services

- New-patient exam
- Established-patient exams
- Noninvasive modalities and procedures
- Diathermy, electrical stimulation, hot and cold packs, hydrotherapy, manipulation, range of motion exercises, and therapeutic ultrasound

Note: A naturopathic physician is trained to be a primary care family practice physician, and, as such, may evaluate and treat a wide variety of conditions within the scope of a general practice. A naturopathic physician also plays a role in health promotion including the treatment and prevention of disease through education and the promotion of healthy ways of living.

Additional exclusions, limitations and/or reductions may apply. Please see your Evidence of Coverage for additional information regarding your benefits. <sup>1</sup>Practitioners are credentialed and contracted by American Specialty Health Systems, Inc. affiliate company, American Specialty Health Group, Inc. <sup>2</sup>Alternative medicine services listed in this Rider are covered only if Medically Necessary and received from the Health Plan Designated Network's Participating Chiropractors, Participating Acupuncturists, Participating Massage Therapists, and Participating Naturopaths.