

2023 Oregon traditional, deductible, and HDHP alternative care benefit (acupuncture, chiropractic, massage therapy) options

This benefit covers self-referred acupuncture, chiropractic, and/or massage therapy services when obtained from participating providers.

Groups can select independently from the options below to meet needs for coverage of services, cost shares, and visit limits.

Self-Referred Services	Cost Share Options*	Visit Limit Options
Acupuncture	\$10/\$25/\$40	12 or 24
Chiropractic	\$10/\$25/\$40	20 or 30
Massage	\$25	12

*If added to an HSA-qualified deductible plan, this benefit is subject to the deductible.

Office visits

You do not need a referral to make an appointment. There is no claim form to file. You pay your cost shares directly to the provider when you receive care. Once your visit limit has been reached, you pay 100% of the cost of services for the remainder of the calendar year. As a member, you will receive a discount of up to 20%.

Participating providers

We contract with the CHP Group, a network of alternative care providers, to provide covered services to members. Visit chpgroup.com for a list of participating providers or contact Member Services.

Acupuncture services

Acupuncturists influence the health of the body by the insertion of very fine needles. Acupuncture treatment is primarily used to relieve pain, reduce inflammation, and promote healing. Covered services include:

- Evaluation and management.
- Acupuncture.
- Electro acupuncture.

Chiropractic services

Chiropractic and manual manipulation of the spine, joints, or soft tissue focuses on reducing pain and improving the function and structure of the body. It is a system of therapy that involves noninvasive care promoting science-based approaches to a variety of ailments. Covered services include:

- Evaluation and management.
- Musculoskeletal treatments.
- Physical therapy modalities such as hot and cold packs.

When prescribed during a chiropractic visit, X-ray procedures may be covered, as described in your *Evidence of Coverage (EOC)*. You pay the same cost shares you would pay for these services when provided at participating facilities.

Massage therapy services

Therapeutic massage involves the manipulation of soft tissue structures of the body to help alleviate pain, muscle discomfort, and stress by helping to promote health and wellness. Covered services include therapeutic massage procedures.

Alternative care exclusions

- Charges incurred as a result of missed appointment or an appointment not canceled.
- Dermal friction technique.
- East Asian massage and tui na.
- Laserpuncture.
- Nambudripad allergy elimination technique (NAET).
- Point injection therapy.
- Qi gong.
- Services designed to maintain optimal health in the absence of symptoms.
- Sonopuncture.