

2023 Washington Added Choice[®] massage therapy benefit

This benefit covers self-referred 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.

You may choose to receive covered services from the CHP Group providers, PPO Providers First Choice Health providers, First Health Network providers, or nonparticipating providers.

| Self-Referred Services | Cost Share ¹ The CHP Group Providers | Cost Share ¹ PPO Providers | Cost Share ^{1,2} Nonparticipating Providers | Visit Limit ³ |
|------------------------|--|--|---|--------------------------|
| Massage | \$25 | 20% | 40% | 12 |

¹If added to an HSA-qualified deductible plan, this benefit is subject to the deductible.

²You may need to file a claim for covered services at nonparticipating providers.

³Visit limits apply to CHP Group provider, PPO provider, and nonparticipating provider benefits combined.

Office visits

You do not need a referral to make an appointment. There is no claim form to file for services from the CHP Group providers or PPO providers; you pay your cost share 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.

Select 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 the Added Choice Contact Center.

PPO providers

We contract with First Choice Health to provide PPO provider covered services to members. Visit **kp.org/addedchoice/nw** for a list of PPO providers or contact Member Services.

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.
- Qi gong.
- Services designed to maintain optimal health in the absence of symptoms.