

## 2023 Washington Dual Choice PPO® 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 in-network providers or from out-of-network providers. In-network providers include Kaiser Permanente providers, the CHP Group providers, First Choice Health providers, and First Health Network providers.

Self-Referral Services	Cost Share <sup>1</sup> In-Network Providers	Cost Share <sup>1,2</sup> Out-of-Network Providers	Visit Limit <sup>3</sup>
Massage	\$25	40%	12

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

<sup>2</sup>You may need to file a claim for covered services for out-of-network providers.

<sup>3</sup>Visit limits for a covered service apply to in-network provider and out-of-network 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 in-network 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.

### In-network providers

You may contact Customer Service for additional information or visit [kp.org/dualchoice/nw](https://kp.org/dualchoice/nw) for information on locating in-network provider.

### 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.