

2023 Washington PPO Plus® 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 PPO providers or nonparticipating providers. PPO providers include Kaiser Permanente providers, First Choice Health providers, and First Health Network providers.

Self-Referred Services	Cost Share ¹ PPO Providers	Cost Share ^{1,2} Nonparticipating Providers	Visit Limit ³
Massage	\$25	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 for a covered service apply to 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 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.

PPO provider

You may contact Member Services for additional information or visit kp.org/ppoplus/nw for information on locating a PPO 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.