

2024 Washington Kaiser Permanente Plus™ massage therapy benefit

This benefit covers self-referred massage therapy services when obtained from participating providers. 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 in-network services include therapeutic massage procedures.

Benefits are subject to the cost shares and visit limits shown below.

Self-Referred Services	In-Network Cost Share	Visit Limit
Massage	\$25	12

Office visits

Members do not need a referral to make an appointment. There is no claim form to file. Cost shares are directly paid to the provider when members receive care. Once the visit limit has been reached, members pay 100% of the cost of services for the remainder of the calendar year. Members receive a discount of up to 20%.

Participating providers

We contract with The CHP Group, a network of alternative care providers, to provide covered in-network services to members. Visit **chpgroup.com** for a list of participating providers or contact Customer Service at **1-866-616-0047**.

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.
- Does not apply to out-of-network coverage.
- Not included within the 10 visits allowed through the dependent out of area benefit.