



Kaiser Permanente Individual Medicare health plan

# Alternative care self-referred benefit

18 combined visits for chiropractic, naturopathic, and acupuncture treatments

We want to help you thrive — in mind, body, and spirit. To help you achieve total health, all of our individual Medicare health plans include an alternative care benefit covering **chiropractic, naturopathic, and acupuncture treatments** without a referral.

See our Senior Advantage (HMO-POS) Summary of Benefits or *Evidence of Coverage* at [kp.org/eocnw](https://kp.org/eocnw) for more information on benefits and copays.

## Getting started:

- **Choose your alternative care provider at [chpgroup.com](https://chpgroup.com) or by calling 1-800-449-9479.** You can choose from more than 900 in-network providers based on location and services.\*
- **Schedule an appointment.** Call the provider you selected to make an appointment.
- **Determine the amount you pay.** See our Senior Advantage Summary of Benefits for details.
- **Questions? We're here to help.** Call Member Services at **1-877-221-8221 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.

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\*To be covered by your benefit, you must receive care from a provider in our service area (in-network) who is part of the CHP group network. Provider list is subject to change.

Kaiser Permanente is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
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