

PLANS AND PRODUCTS | CALIFORNIA

Chiropractic and acupuncture supplemental benefit plans

Chiropractic care and acupuncture are increasingly popular ways for employees to improve their overall well-being and treat painful muscle and joint conditions like back pain. In fact, about a third of American adults now use various kinds of complementary care.¹

When you choose a Kaiser Permanente supplemental benefit plan with chiropractic and acupuncture coverage, your employees get extra resources for improving their health, which can help them be even more engaged at work.

Freedom to choose – without a referral

With our supplemental plans, your employees can see a chiropractor or acupuncturist for care without a referral from their doctor.² You have several plan designs to choose from, including these options.

Popular plan options

Benefit	Copay/coinsurance option	Number of visits
Acupuncture only	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30
Chiropractic only ³	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30
Chiropractic + acupuncture	\$0/\$5/\$10/\$15/\$20 or 10%/20%/30%	20 or 30

➤ **For more information, please contact your Kaiser Permanente representative or account manager.**

¹ "Trends in the Use of Complementary Health Approaches Among Adults: United States, 2002-2012," Tainya C. Clarke, PhD, MPH, et al., National Health Statistics Reports, U.S. Department of Health and Human Services, February 10, 2015.

² Visits are subject to medical review by American Specialty Health Plans. Other exclusions and limitations apply.

³ Health savings account (HSA)-qualified health plans are limited to \$0, \$5, \$10, and \$15 copays under the "chiropractic only" plan option (coinsurance doesn't apply).

⁴ "American Specialty Health Group Receives Full URAC Accreditation for Clinical Integration," URAC, September 16, 2014, urac.org/news/american-specialty-health-group-receives-full-urac-accreditation-for-clinical-integration/.

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Finding a provider is easy

Members can choose from more than 3,906 chiropractors and 2,873 licensed acupuncturists in California through American Specialty Health Plans of California, Inc. (ASH Plans), at ASHLink.com/ash/kp. American Specialty Health Group, an affiliate of ASH Plans, has been recognized for clinical integration that helps make care safe, effective, and patient-focused.⁴