

# Combined Acupuncture and Chiropractic Care

## PLAN CXL

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable acupuncture and chiropractic coverage. You may obtain care by selecting a participating provider from the ASH Plans network. Although you're always welcome to consult your primary care physician, you won't need a referral to see an ASH Plans network participating chiropractor or acupuncturist.



### Routine Acupuncture Care<sup>1</sup>

#### WHAT'S COVERED

##### Office visit copayment<sup>2</sup>

**\$20** / up to **20** visits  
per visit / per calendar year

(visit maximums are combined for acupuncture and chiropractic services)



Initial examination, subsequent office visits, re-examination

#### Covered conditions



- Headache
- Back or neck pain
- Shoulder, hip, or knee joint pain
- Osteoarthritis (OA) and other arthritic pain
- Pain involving other joints and associated soft tissues
- Post-operative nausea/vomiting, nausea associated with pregnancy, and nausea associated with chemotherapy (nausea may require co-management with your physician)

### Acupuncture Care

#### WHAT'S NOT COVERED

Services or supplies excluded under the acupuncture care program may be covered under the medical benefits portion of your plan. Consult your plan's *Evidence of Coverage* (EOC) for more information.

#### LIMITATIONS AND EXCLUSIONS

- Devices, personal and comfort items
- Diagnostic scanning, MRI, CT scans or thermography
- Exams or treatment other than for musculoskeletal and related disorders, pain, nausea, or other covered conditions, as described under the definition of acupuncture services above

## Routine Chiropractic Care<sup>1</sup>

### WHAT'S COVERED

#### Office visit copayment<sup>2</sup>

**\$5** / up to **20** visits  
per visit / per calendar year

(visit maximums are combined for acupuncture and chiropractic services)



Initial examination, subsequent office visits, re-examination

#### Covered conditions



- Degenerative joint diseases/arthropathies
- Neurological conditions
- Inflammatory disorders
- Sprain/strain injuries to the spine and extremities
- Intervertebral disc injuries/disorders
- Headaches
- Muscular spasms and myalgias

## Chiropractic Care

### WHAT'S NOT COVERED

Services or supplies excluded under the chiropractic care program may be covered under the medical benefits portion of your plan. Consult your plan's *Evidence of Coverage* for more information.

### LIMITATIONS AND EXCLUSIONS

- Air conditioners, air purifiers, therapeutic mattresses, vitamins, minerals, nutritional supplements, durable medical equipment, appliances or comfort items
- Diagnostic scanning, MRI, CT scans or thermography
- Exams or treatment unrelated to Neuromusculoskeletal disorders

## Helpful Information

Services or supplies excluded under the chiropractic care program may be covered under the medical benefits portion of your plan. Consult your plan's *Evidence of Coverage* for more information.

For additional information, please call Health Net at **1-800-275-4737**. TTY: **711**. From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends, and on federal holidays.

<sup>1</sup>Plan also includes Medicare-covered chiropractic and acupuncture services. Medicare-covered Acupuncture services are limited to treatment of chronic low back pain. Copayments and visits may vary by plan. Refer to your EOC for details.

<sup>2</sup>Includes emergencies and urgent care visits, and authorized referral visits to nonparticipating chiropractors and acupuncturists.

American Specialty Health Plans of California, Inc. (ASH Plans) is a wholly owned subsidiary of American Specialty Health Incorporated. ASH Plans is not affiliated with Health Net of California, Inc. Health Net of California, Inc. has a contract with Medicare to offer HMO plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal.