




Combined Acupuncture and Chiropractic Program

Quality, affordable coverage through Health Net and ASH Plans

Pam White
Health Net

Acupuncture care



Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable acupuncture coverage. Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating acupuncturist. With this program, you're free to obtain care by self-referring to a participating acupuncturist from our acupuncture directory. All covered services require prior authorization by ASH Plans except for:

- (a) an initial examination by a participating acupuncturist and the provision or commencement, in the initial examination, of medically necessary services that are covered acupuncture services, to the extent consistent with professionally recognized standards of practice; and
- (b) emergency acupuncture services. When ASH Plans approves a treatment plan, the approved services for subsequent office visits covered by the treatment plan not only include the authorized services but also include a brief re-examination in each subsequent office visit if deemed necessary by the participating acupuncturist, without additional approval by ASH Plans.

With this program, you're free to obtain care by self-referring to a participating acupuncturist from our acupuncture directory.

Definition of acupuncture covered services

Medically necessary services provided by a participating acupuncturist (or a non-participating acupuncturist, when emergency acupuncture services are provided or a referral is approved by ASH Plans) for the following injuries, illnesses, diseases, functional disorders or conditions, when determined medically necessary.

What's covered

Office visits¹

- \$10 per visit/30 visits per calendar year (visit maximums are combined for acupuncture and chiropractic services)
- Initial examination, subsequent office visits, re-examination

Covered conditions

- Neuromusculoskeletal conditions, including conditions such as fibromyalgia and myofascial pain
- Pain, including low back pain, post-operative pain and post-operative dental pain
- Nausea, including adult post-operative nausea and vomiting, chemotherapy nausea and vomiting, and nausea of pregnancy
- Carpal tunnel syndrome
- Headaches

(continued)

¹Includes emergencies and urgent care visits and referral visits to nonparticipating acupuncturists.

- Menstrual cramps
- Osteoarthritis
- Stroke rehabilitation
- Tennis elbow

Other covered services

- Medically necessary X-rays and laboratory tests except as otherwise approved by ASH Plans Director of Acupuncture Services or Health Net.

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 for more information.

Limitations and exclusions

- Devices, personal and comfort items
- Diagnostic scanning, MRI, CAT scans or thermography
- Exams or treatment other than for neuromusculoskeletal conditions, pain, nausea, or other covered conditions, as described under the definition of acupuncture services above
- Treatment for asthma or addiction (including, but not limited to, drugs, alcohol, nicotine addiction or smoking cessation)
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, self-help items or services, or physical exercise training
- Physical therapy services classified as experimental or investigational
- Physicals or vocational rehabilitation for employment or those covered under any public liability insurance
- Treatment or services not authorized by ASH Plans or not delivered by a participating acupuncturist (except emergency acupuncture services or upon

referral to a nonparticipating acupuncturist approved by ASH Plans) provided that ASH Plans does not need to authorize an initial examination by a participating acupuncturist and the provision or commencement, in the initial examination, of medically necessary services that are covered acupuncture services, to the extent consistent with professionally recognized standards of practice or emergency acupuncture services

Chiropractic care

Health Net has teamed up with ASH Plans to offer quality, affordable chiropractic coverage. With this program, you're free to obtain this care by selecting a participating chiropractor from our chiropractor directory. Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating chiropractor.

What's covered

Office visits

- \$10 per visit/30 visits per calendar year (visit maximums are combined for acupuncture and chiropractic services). There is a \$50 annual chiropractic appliance allowance toward the purchase of chiropractically necessary items such as supports, collars, pillows, heel lifts, ice packs, cushions, orthotics, rib belts and home traction units.

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



Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating chiropractor.

- Conjunctive physical therapy not associated with spinal, muscle or joint adjustment
- Diagnostic scanning, MRI, CAT scans or thermography
- Exams or treatment of strictly non-neuromusculoskeletal disorders
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, nonmedical self-help or self-care, or any self-help physical exercise training
- Lab tests, X-rays, adjustments, physical therapy or other services not chiropractically necessary or classified as experimental
- Pre-employment physicals or vocational rehabilitation arising from employment or covered under any public liability insurance
- Treatment for temporomandibular joint syndrome (TMJ)
- Treatment or services not authorized by ASH Plans or delivered by an ASH Plans provider (except emergency chiropractic services or upon a referral to a nonparticipating provider approved by ASH Plans)

For additional information, please contact Health Net at 1-800-361-3366 or 1-800-522-0088.

This is only a summary. Chiropractic and acupuncture services can be added to any of our HMO, ELECT Open Access or SELECT 3-Tier POS plans. Consult your plan's Evidence of Coverage, which you receive after you enroll, to determine the exact terms and conditions of your coverage.