



# Acupuncture Care

*Quality, affordable coverage through Health Net and ASH Plans*

Health Net of California, Inc. (Health Net) has partnered with American Specialty Health Plans of California, Inc. (ASH Plans) to provide acupuncture coverage for our members. Created for quality, affordability and convenience, this program allows you to see a participating acupuncturist **without needing a referral** from your primary care physician. Just select a participating acupuncturist from our acupuncture directory.

Kim Aung  
Health Net

## *Acupuncture care*

Be aware that covered services may require **verification of medical necessity** by ASH Plans. Exceptions to this include:

- an initial examination by a participating acupuncturist; and
- emergency and urgent care acupuncture services.

**Note:** When ASH Plans approves a treatment plan, the approved services for each office visit in the treatment plan also include a brief re-evaluation (if deemed necessary by the participating acupuncturist) **without additional approval** by ASH Plans.

## *Definition of acupuncture covered services*

Services provided by a participating acupuncturist (or emergency and urgent care acupuncture services provided by a nonparticipating acupuncturist) are covered

for the following injuries, illnesses, diseases, and functional disorders or conditions, when determined to be medically necessary.

## *What's covered?*

### **Covered conditions include:**

- Musculoskeletal and related conditions, including conditions, such as fibromyalgia and myofascial pain.
- Pain, including low back pain, postoperative pain and postoperative dental pain.
- Nausea, including adult postoperative nausea and vomiting, chemotherapy nausea and vomiting, and nausea of pregnancy.
- Carpal tunnel syndrome.
- Headaches.
- Menstrual cramps.
- Osteoarthritis.
- Stroke rehabilitation.
- Tennis elbow.

*(continued)*



For additional information, please contact ASH Plans at **1-800-678-9133** (TTY/TDD: 711).

### Office visits<sup>1</sup>

- \$10 per visit, up to 20 visits per calendar year.
- Initial examination, subsequent office visits, re-examination.

### 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<sup>2</sup>

- Air conditioners, air purifiers, therapeutic mattresses, supplies, or any similar devices or appliances, and all support appliances or durable medical equipment, except as defined elsewhere.
- Thermography, magnets used for diagnostic or therapeutic use, ion cord devices, manipulation or adjustments of the joints, physical therapy services, iridology, hormone replacement products, acupuncture point or trigger-point injections (including injectable substances), laser/laser biostim, colorpuncture, NAET diagnosis and/or treatment, and direct moxibustion.
- Services, exams (other than an initial examination to determine the appropriateness of acupuncture services) and/or treatments for conditions other than musculoskeletal and related disorders, nausea, pain, or pain syndromes.
- Hypnotherapy, behavioral training, sleep therapy, and weight programs.
- Education programs, non-medical lifestyle or self-help, or self-help physical exercise training or any related diagnostic testing.

- Services and other treatments that are classified as experimental or investigational. If ASH Plans denies therapy coverage for a member who has a life-threatening or seriously debilitating condition – based on a determination by ASH Plans that the therapy is experimental or investigational – the member may be able to request an independent medical review of ASH Plans' determination. The member should contact ASH Plans' Member Services Department at 1-800-678-9133 for more information.
- Services or treatments for pre-employment physicals or vocational rehabilitation.
- Any services or treatments for conditions caused by or arising out of the course of employment or covered under workers' compensation or similar laws.

This is only a summary. Consult your plan's *Evidence of Coverage*, which you receive after you enroll, to determine the exact terms and conditions of your coverage.



<sup>1</sup>Includes emergencies and urgent care visits and authorized referral visits to nonparticipating acupuncturists.

<sup>2</sup>Refer to the *Evidence of Coverage* for details.