



Chiropractic Care

Quality, affordable coverage through Health Net and ASH Plans

Health Net has partnered with ASH Plans to provide chiropractic coverage for our members. Created for quality, affordability and convenience, this program allows you to see a participating chiropractor **without needing a referral** from your primary care physician. Just select a participating chiropractor from our provider directory.

Kim Aung
Health Net

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

- an initial examination by a participating chiropractor; and
- emergency or urgent care chiropractic 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 chiropractor) **without additional approval** by ASH Plans.

Definition of chiropractic covered services

Covered services provided by a participating chiropractor include the treatment of musculoskeletal and related disorders, or pain syndromes, when determined to be medically necessary. This is also true for nonparticipating chiropractors, when

emergency or urgent care chiropractic services are provided, or a referral is approved by ASH Plans.

What's covered?

Office visits carry a \$10 copayment per visit, up to 30 visits per calendar year.¹

There is also a **\$50 annual chiropractic appliance allowance** toward the purchase of medically necessary items such as supports, collars, pillows, heel lifts, ice packs, cushions, orthotics, rib belts, and home traction units.

What's not covered?

For information about what isn't covered, please consult your plan's *Evidence of Coverage* for more information.

Limitations and exclusions²

- Air conditioners, air purifiers, therapeutic mattresses, vitamins, minerals, nutritional supplements, durable medical equipment, appliances, or comfort items.

(continued)



For additional information, please contact ASH Plans at 1-800-678-9133.

- Adjunctive physical therapy not associated with spinal or joint adjustment.
- Diagnostic scanning, MRI, CAT scans, or thermography.
- Exams or treatment of strictly non-musculoskeletal and related 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 medically 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-contracted provider (except emergency chiropractic services or upon a referral to a nonparticipating provider approved by ASH Plans).

For additional information, please contact ASH Plans at 1-800-678-9133 (TTY/TDD: 711), Monday through Friday, 5:00 a.m. to 6:00 p.m. Pacific time, except holidays. Or contact Health Net at the number on the back of your ID card.

Find chiropractic providers via our ProviderSearch tool at www.healthnet.com.

This is only a summary. **Chiropractic services can be added to any of our HMO plans.** Consult your plan's *Evidence of Coverage*, which you receive after you enroll, to determine the exact terms and conditions of your coverage.



¹Includes emergencies and urgent care visits, and authorized referral visits to nonparticipating chiropractors.

²Refer to the *Evidence of Coverage* for details.