



# Combined Acupuncture and Chiropractic Program

Quality, affordable coverage through Health Net and ASH Plans

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Health Net



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

## Acupuncture care

Health Net of California, Inc. (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 verification of medical necessity 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.<sup>1</sup>

## Definition of acupuncture covered services

Medically necessary services provided by a participating acupuncturist (or a nonparticipating acupuncturist when emergency acupuncture services are provided) for the following injuries, illnesses, diseases, functional disorders, or conditions, when determined medically necessary.

## What's covered

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

- \$20 per visit, up to 24 medically necessary visits per calendar year (visit maximums are combined for acupuncture and chiropractic services)
- Initial examination, subsequent office visits, re-examination

### Covered conditions

- Musculoskeletal and related conditions, including conditions such as:
  - Fibromyalgia/myofascial pain
  - Extremity pain/bursitis/tennis elbow/carpal tunnel syndrome
- Pain, including neck and low back pain, headaches, menstrual cramps, osteoarthritis, and post-operative pain
- Nausea, including adult post-operative nausea and vomiting, chemotherapy nausea and vomiting, and nausea of pregnancy

## 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.

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

### Limitations and exclusions

- Devices, and personal and comfort items
- Diagnostic scanning, MRI, CAT 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
- 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 medicine modalities and procedures considered experimental or investigational
- Physicals or vocational rehabilitation for employment or those covered under any public liability insurance
- Treatment or services delivered by a noncontracted, nonparticipating acupuncturist (except urgent or emergency acupuncture services)
- Treatment or services not authorized by ASH Plans when these services are subject to medical necessity verification. (The initial examination to determine whether acupuncture services are safe and appropriate does not require authorization.)



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

### 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

- \$20 per visit, up to 24 medically necessary 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 medically necessary items such as supports, collars, pillows, heel lifts, ice packs, cushions, orthotics, and home traction units.

#### Covered conditions

- Sprain/strain injuries to the spine and extremities: muscular and ligamentous injuries, joint injuries, cartilaginous and meniscus injuries
- Musculoskeletal and related conditions, including conditions such as:
  - Fibromyalgia/myofascial pain
  - Extremity pain/bursitis/tennis elbow/carpal tunnel syndrome
- Intervertebral disc injuries/disorders
- Degenerative joint diseases/arthropathies: osteoarthritis/osteoarthritis, degenerative disc disease, enthesopathies, etc.
- Neurological conditions: radicular symptoms, sciatic, cervical/lumbar radiculopathies, nerve plexus injuries, etc.
- Inflammatory disorders: tendonitis, synovitis, tenosynovitis, myositis, capsulitis, etc.
- Headaches
- Entrapment/compressive syndromes: carpal tunnel, tarsal tunnel, etc.
- Muscular spasms and myalgias
- Local pain syndromes

(continued)

### **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
- 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 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 chiropractor (except emergency chiropractic services or upon a referral to a nonparticipating chiropractor approved by ASH Plans)

**For additional information, please call 1-800-678-9133.**