



# Chiropractic Care

*Plan CY*

Quality, affordable coverage through Health Net and ASH Plans

**Herminia  
Escobedo**  
*Health Net*

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable chiropractic coverage. With this program, you're free to obtain this care by selecting a participating chiropractor 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.

#### Covered conditions

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

*(continued)*



For additional information, please call Health Net at **1-800-275-4737** (TTY: 711).

#### *What's covered*

##### **Office visits**

- \$5 copayment per visit/20 medically necessary visits per calendar year

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, rib belts, and home traction units.

- Initial examination, subsequent office visits, re-examination



### *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.

### *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, muscle 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, non-medical self-help or self-care, or any self-help physical exercise training.
- Lab tests, X-rays, spinal or extremity manipulations, physical therapy, or other services not considered 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 chiropractor (except emergency chiropractic services or upon a referral to a non-participating chiropractor approved by ASH Plans).

For additional information, please call Health Net at 1-800-275-4737 (TTY: 711). From October 1 through February 14, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From February 15 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.

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.

This information is not a complete description of benefits. Contact the plan for more information.

Limitations, copayments and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary.

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.