

Complementary Alternative Medicine Benefits

As a Kaiser Permanente member, you get up to **20** combined visits per calendar year to participating complementary alternative medicine specialists¹— all for a low copay of \$ **20** per visit. Services are provided by American Specialty Health Systems, Inc. practitioners¹.

Visit <http://www.ashlink.com/ash/KaiserHIC> to find a practitioner near you.

Chiropractic and manual manipulation services

- New-patient exam
- Established-patient exams
- Office visits with chiropractic manipulation
- \$50 allowance per calendar year toward chiropractic supports and appliances
- Adjunctive physiotherapy modalities and procedures
- X-rays, radiological consultations, and clinical laboratory services
- Covered conditions: Neuromusculoskeletal disorders

Acupuncture services

- New-patient exam
- Established-patient exams
- Office visits with acupuncture treatment
- Adjunctive physiotherapy modalities and procedures
- Covered conditions: Pain, nausea, and musculoskeletal and related disorders

Massage therapy services²

- Initial therapy assessment
- Reassessments
- Massage therapy sessions require a referral by a Kaiser Permanente physician or participating American Specialty Health chiropractor
- Covered conditions: Myofascial/musculoskeletal disorders, musculoskeletal functional disorders, and/or pain syndromes

Naturopathy services

- New-patient exam
- Established-patient exams
- Noninvasive modalities and procedures
- Diathermy, electrical stimulation, hot and cold packs, hydrotherapy, manipulation, range of motion exercises, and therapeutic ultrasound

Note: A naturopathic physician is trained to be a primary care family practice physician, and, as such, may evaluate and treat a wide variety of conditions within the scope of a general practice. A naturopathic physician also plays a role in health promotion including the treatment and prevention of disease through education and the promotion of healthy ways of living.

Additional exclusions, limitations and/or reductions may apply. Please see your Evidence of Coverage for additional information regarding your benefits. ¹Practitioners are credentialed and contracted by American Specialty Health Systems, Inc. affiliate company, American Specialty Health Group, Inc. ²Massage therapy sessions require a referral by a Kaiser Permanente physician or participating American Specialty Health chiropractor.