

Combined Acupuncture and Chiropractic Care

Your Innovative Plan G benefits include quality acupuncture and chiropractic coverage through American Specialty Health Plans of California, Inc. (ASH Plans). With this program, you're free to obtain care by self-referring to a participating acupuncturist and/or chiropractor from the ASH directory.



Acupuncture Care¹

WHAT'S COVERED

Office visit copayment¹

\$0 / up to **20** visits
per visit / per calendar year

(Maximums are combined for acupuncture and chiropractic services)



Initial examination, subsequent office visits, re-examination

Covered conditions



- Headache
- Back or neck pain
- Shoulder, hip, or knee joint pain
- Osteoarthritis (OA) and other arthritic pain
- Pain involving other joints and associated soft tissues
- Post-operative nausea/vomiting, nausea associated with pregnancy, and nausea associated with chemotherapy (nausea may require co-management with your physician)

(continued)

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

Chiropractic Care

WHAT'S COVERED

Office visit copayment¹

\$0 / up to **20** visits
per visit / per calendar year

(Maximums are combined for acupuncture and chiropractic services)



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)

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



Definition of Covered Services

ACUPUNCTURE CARE

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

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 services¹.

When ASH Plans approves a treatment plan, the approved services for subsequent office visits covered by the treatment plan not only include the authorized services but also include a brief re-evaluation

in each subsequent office visit if deemed necessary by the participating acupuncturist, without additional approval by ASH Plans.

CHIROPRACTIC CARE

Medically necessary 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.

(continued)

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

Acupuncture care

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

- Devices, personal and comfort items
- Diagnostic scanning, MRI, CT 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
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, self-help items or services, or physical exercise training

- Treatment or services not authorized by ASH Plans or delivered by an ASH Plans provider (except emergency acupuncture services or upon a referral to a nonparticipating provider approved by ASH Plans)

Chiropractic care

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
- Diagnostic scanning, MRI, CT scans or thermography
- Exams or treatment unrelated to Neuromusculoskeletal 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, 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 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.

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BRO060128EK00 (9/22)