

Combined Acupuncture and Chiropractic Care

PLAN CXG - LOS ANGELES UNIFIED SCHOOL DISTRICT

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable acupuncture and chiropractic coverage. You may obtain care by selecting a participating provider 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 or acupuncturist.



Routine Acupuncture Care¹

WHAT'S COVERED

Office visit copayment²

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



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)

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* (EOC) 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

Routine Chiropractic Care¹

WHAT'S COVERED

Office visit copayment²

\$5 / up to **12** visits
per visit / per calendar year



Initial examination,
subsequent office visits,
re-examination

Covered conditions



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

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

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.

For additional information, please call Health Net at **1-844-542-0102**. TTY: **711**. From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 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.

¹Plan also includes Medicare-covered chiropractic and acupuncture services. Medicare-covered Acupuncture services are limited to treatment of chronic low back pain. Copayments and visits may vary by plan. Refer to your EOC for details.

²Includes emergencies and urgent care visits, and authorized referral visits to nonparticipating chiropractors and acupuncturists.

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 is contracted with Medicare for HMO plans. Enrollment in Health Net depends on contract renewal.