

ACCESSING YOUR **CHIROPRACTIC** & **ACUPUNCTURE** BENEFITS

Kaiser Permanente has contracted with American Specialty Health Plans of California, Inc. (ASH Plans) to provide access to chiropractic and acupuncture benefits.

As a CalPERS member, your benefit includes:

- A combined 20 visits per calendar year
- A \$15 copay at each visit
- No referral required

HOW CAN I FIND A CHIROPRACTOR OR ACUPUNCTURIST?

1	Find a contracted ASH Plans practitioner near you by: • Calling ASH Plans Customer Service at 800.678.9133 (Monday – Friday, 4 a.m. – 6 p.m. PT) • Visiting www.ashlink.com/ash/kp for a list of the closest practitioners near your home or work address
2	Call the practitioner directly to schedule an appointment.
3	Present your health plan ID card so your practitioner can verify your eligibility. Then, simply pay your designated copay for services rendered.

Except in the case of urgent or emergency services, covered services must be provided by a contracted ASH Plans chiropractor or acupuncturist. Other exclusions and limitations may apply. See your Evidence of Coverage for details.

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