

2023 Oregon Added Choice® alternative care benefit (acupuncture, chiropractic, massage therapy) options

This benefit covers self-referred acupuncture, chiropractic, and/or massage therapy services. You may choose to receive covered services from the CHP Group providers, PPO providers, First Choice Health providers, First Health Network providers, or nonparticipating providers.

Groups can select independently from the options below to meet needs for coverage of services, cost shares, and visit limits.

| Self-Referred Services | Cost Share Options ¹ CHP Group Providers | Cost Share Options ¹ PPO Providers | Cost Share Options ^{1,2} Nonparticipating Providers | Visit Limit Options ³ |
|------------------------|--|--|---|----------------------------------|
| Acupuncture | \$10/\$25/\$40 | 20% | 40% | 12 or 24 |
| Chiropractic | \$10/\$25/\$40 | 20% | 40% | 20 or 30 |
| Massage | \$25 | 20% | 40% | 12 |

¹If added to an HSA-qualified deductible plan, this benefit is subject to the deductible.

²You may need to file a claim for covered services at nonparticipating providers.

³Visit limits for a covered service apply to CHP Group provider, PPO provider, and nonparticipating provider benefits combined.

Office visits

You do not need a referral to make an appointment. There is no claim form to file for services from the CHP Group providers or PPO providers; you pay your cost share directly to the provider when you receive care. Once your visit limit has been reached, you pay 100% of the cost of services for the remainder of the calendar year.

Select providers

We contract with the CHP Group, a network of alternative care providers, to provide covered services to members. Visit chpgroup.com for a list of participating providers or contact the Added Choice Contact Center.

PPO providers

We contract with First Choice Health to provide PPO provider covered services to members. Visit kp.org/addedchoice/nw for a list of PPO providers or contact Member Services.

Acupuncture services

Acupuncturists influence the health of the body by the insertion of very fine needles. Acupuncture treatment is primarily used to relieve pain, reduce inflammation, and promote healing. Covered services include:

- Evaluation and management.
- Acupuncture.
- Electro acupuncture.

This is not a contract. This benefit summary does not fully describe your benefit coverage with Kaiser Foundation Health Plan of the Northwest. Please see your *Evidence of Coverage (EOC)* for complete details of benefits as well as exclusions and limitations. In the event of a conflict between this summary and the *EOC*, the *EOC* will control.

Chiropractic services

Chiropractic and manual manipulation of the spine, joints, or soft tissue focuses on reducing pain and improving the function and structure of the body. It is a system of therapy that involves noninvasive care promoting science-based approaches to a variety of ailments. Covered services include:

- Evaluation and management.
- Musculoskeletal treatments.
- Physical therapy modalities such as hot and cold packs.

When prescribed during a chiropractic visit, X-ray procedures may be covered, as described in your *Evidence of Coverage (EOC)*.

Massage therapy services

Therapeutic massage involves the manipulation of soft tissue structures of the body to help alleviate pain, muscle discomfort, and stress by helping to promote health and wellness. Covered services include therapeutic massage procedures.

Alternative care exclusions

- Charges incurred as a result of missed appointment or an appointment not canceled.
- Dermal friction technique.
- East Asian massage and tui na.
- Laserpuncture.
- Nambudripad allergy elimination technique (NAET).
- Point injection therapy.
- Qi gong.
- Services designed to maintain optimal health in the absence of symptoms.
- Sonopuncture.