

## 2023 Washington traditional, deductible, and HDHP massage therapy benefit

This benefit covers self-referred massage therapy services when obtained from participating providers. 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.

Benefits are subject to the cost shares and visit limits shown below.

Self-Referred Services	Cost Share*	Visit Limit
Massage	\$25	12

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

### Office visits

You do not need a referral to make an appointment. There is no claim form to file. 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. As a member, you will receive a discount of up to 20%.

### Participating providers

We contract with the CHP Group, a network of alternative care providers, to provide covered services to members. Visit [chpgroup.com](http://chpgroup.com) for a list of participating providers or contact Member Services.

### 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.
- Qi gong.
- Services designed to maintain optimal health in the absence of symptoms.