

2024 Washington Added Choice® massage therapy benefit

This benefit covers self-referred 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.

Members may choose to receive covered services from select providers, PPO providers, or nonparticipating providers.

Self-Referred Services	Cost Share ¹ Select Providers	Cost Share ¹ PPO Providers	Cost Share ^{1,2} Nonparticipating Providers	Visit Limit ³
Massage	\$25	20%	40%	12

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

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

³Visit limits apply to Select provider, PPO provider, and nonparticipating provider benefits combined.

Office visits

Members do not need a referral to make an appointment. There is no claim form to file for services from select providers or PPO providers; cost shares are directly paid to the provider when members receive care. Nonparticipating providers may require payment in full at the time of service. Members may submit a claim for reimbursement of cost shares. Once the visit limit has been reached, members 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 select providers or contact Customer Service at **1-866-616-0047**.

PPO providers

We contract with First Choice Health and First Health Network to provide covered services to members. Visit kp.org/addedchoice/nw for a list of PPO providers or contact Customer Service at **1-866-616-0047**.

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.