



# Chiropractic Care

Quality, affordable coverage through Health Net and ASH Plans

## Chiropractic care

Health Net has teamed up with ASH Plans to offer quality, affordable chiropractic coverage. With this program, you're free to obtain this care by selecting a participating chiropractor from our chiropractic directory. Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating chiropractor.



Covered services may require verification of medical necessity by ASH Plans except for: (a) an initial examination by a participating chiropractor and (b) emergency or urgent care chiropractic services. When ASH Plans approves a treatment plan, the approved services for each subsequent office visit covered by the treatment plan also include a brief re-examination, if deemed necessary by the participating chiropractor, without additional approval by ASH Plans.

### Definition of chiropractic covered services

Services provided by a participating chiropractor (or a nonparticipating chiropractor, when emergency or urgent care chiropractic services are provided or a referral is approved by ASH Plans) are covered for the treatment of neuromusculoskeletal disorders or pain syndromes when determined to be medically necessary.

### What's covered

- Office visits – \$10 copayment per visit / 30 visits per calendar year<sup>1</sup>

There is a \$50 annual chiropractic appliance allowance toward the purchase of medically necessary items such as supports, collars, pillows, heel lifts, ice packs, cushions, orthotics, rib belts, and home traction units.

### What's not covered

Consult your plan's *Evidence of Coverage* for more information.

### Limitations and exclusions<sup>2</sup>

- Air conditioners, air purifiers, therapeutic mattresses, vitamins, minerals, nutritional supplements, durable medical equipment, appliances, or comfort items
- Conjunctive physical therapy not associated with spinal, muscle or joint adjustment
- Diagnostic scanning, MRI, CAT scans, or thermography
- Exams or treatment of strictly non-neuromusculoskeletal disorders

(continued)

Kim Aung  
Health Net

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<sup>1</sup>Includes emergencies and urgent care visits, and referral visits to nonparticipating chiropractors.

<sup>2</sup>Refer to the *Evidence of Coverage* for details.

- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, nonmedical self-help or self-care, or any self-help physical exercise training
- Lab tests, X-rays, adjustments, physical therapy, or other services not medically necessary or classified as experimental
- Pre-employment physicals or vocational rehabilitation arising from employment or covered under any public liability insurance
- Treatment for temporomandibular joint syndrome (TMJ)
- Treatment or services not authorized by ASH Plans or delivered by an ASH Plans provider (except emergency chiropractic services or upon a referral to a non-participating provider approved by ASH Plans)

**For additional information, you may contact ASH Plans at 1-800-678-9133 (TTY/TDD 1-877-710-2746), Monday through Friday, 5:00 a.m. to 6:00 p.m. Pacific time, except holidays. Or contact Health Net at the number located on the back of your ID card.**

**Find chiropractic providers via our ProviderSearch tool at [www.healthnet.com](http://www.healthnet.com).**

This is only a summary. Chiropractic services can be added to any of our HMO plans. Consult your plan's *Evidence of Coverage*, which you receive after you enroll, to determine the exact terms and conditions of your coverage.