



Chiropractic Care


Quality, affordable coverage through Health Net and ASH Plans



Kim Aung
Health Net

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.

Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating chiropractor.

What's covered

- Office visits – \$10 copayment per visit / 30 visits per calendar year¹

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 exclusions²

- 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)

¹Includes emergencies and urgent care visits, and referral visits to nonparticipating chiropractors.

²Refer 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.

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.