

# Chiropractic Care and the Silver&Fit<sup>®</sup> Program

## PLAN C05

*Quality, affordable coverage through Health Net and ASH Plans*

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable chiropractic coverage. In addition, members have access to the Silver&Fit<sup>®</sup> program provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).

Questions?

1-800-275-4737  
(TTY: 711)

*Member Services  
can help.*



### Chiropractic care

You may obtain chiropractic care by selecting a participating chiropractor from the ASH Plans network. Although you're always welcome to consult your primary care physician, you won't need a referral to see an ASH Plans network participating chiropractor.



### The Silver&Fit Healthy Aging and Exercise Program

Get fit and have fun with the Silver&Fit Program. The program is designed specifically for Medicare beneficiaries and includes a no-cost membership<sup>1</sup> at a participating fitness center.

- Healthy Aging classes 4 times a year (online or mail)
- The Silver Slate<sup>®</sup> newsletter 4 times a year (online, or by mail or email)
- At-home fitness kits

### What's Covered

#### OFFICE VISITS

- \$0 copayment per visit/ 20 medically necessary visits per calendar year
- Initial examination, subsequent office visits, re-examination

#### COVERED CONDITIONS

- Degenerative joint diseases/arthropathies
- Neurological conditions
- Inflammatory disorders
- Sprain/strain injuries to the spine and extremities
- Intervertebral disc injuries/disorders
- Headaches
- Muscular spasms and myalgias

*(continued)*



### HELPFUL INFORMATION

Services or supplies excluded under the chiropractic care program may be covered under the medical benefits portion of your plan. Consult your plan's *Evidence of Coverage* for more information.



### LIMITATIONS AND EXCLUSIONS

- Air conditioners, air purifiers, therapeutic mattresses, vitamins, minerals, nutritional supplements, durable medical equipment, appliances, or comfort items.
- Diagnostic scanning, MRI, CT scans, or thermography.
- Exams or treatment unrelated to neuromusculoskeletal disorders.
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, non-medical self-help or self-care, or any self-help physical exercise training.
- Lab tests, X-rays, spinal or extremity manipulations, physical therapy, or other services not considered 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 chiropractor (except emergency chiropractic services or upon a referral to a nonparticipating chiropractor approved by ASH Plans).



For additional information, please call Health Net at 1-800-275-4737. TTY: 711. From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends and on federal holidays.

**1Membership includes standard fitness center services. Any nonstandard services that typically require an additional fee are not included.**

This is only a summary. Consult your plan's *Evidence of Coverage*, which you receive after you enroll, to determine the exact terms and conditions of your coverage.

This information is not a complete description of benefits. Contact the plan for more information.

Limitations, copayments and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary.

American Specialty Health Plans of California, Inc. (ASH Plans) is a wholly owned subsidiary of American Specialty Health Incorporated. ASH Plans is not affiliated with Health Net of California, Inc. Health Net of California, Inc. has a contract with Medicare to offer HMO plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal. Health Net of California, Inc. is a subsidiary of Health Net, LLC. Health Net is a registered service mark of Health Net, LLC. All rights reserved.

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