



# Chiropractic Care and the SilverSneakers® Program

Plan A9R

**Herminia  
Escobedo**  
*Health Net*

Quality, affordable coverage through Health Net, American Specialty Health (ASH) and Healthways

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 SilverSneakers program provided by Healthways, Inc.

### *What's not covered*

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
- Adjunctive physical therapy not associated with spinal, muscle or joint adjustment
- Diagnostic scanning, MRI, CAT scans, or thermography
- Exams or treatment of strictly non-musculoskeletal and related disorders
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, non-medical self-help or self-care, or any self-help physical exercise training

### *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.

### *What's covered*

#### **Office visits**

- \$5 copayment per visit/20 medically necessary visits per calendar year

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.



For additional information, please call Health Net at **1-800-275-4737.**

*(continued)*

- Lab tests, X-rays, spinal or extremity manipulation, 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 non-participating chiropractor approved by ASH Plans)

This is only a summary. Chiropractic services can be added to any of our Health Net Seniority Plus Employer (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.

### *The SilverSneakers Program*

Get fit and have fun with the SilverSneakers Program. The program is designed specifically for Medicare beneficiaries and includes membership<sup>1</sup> in a participating fitness facility.



<sup>1</sup>Membership includes standard fitness facility services. Any non-standard services that typically require an additional fee are not included.

For additional information, please call Health Net at 1-800-275-4737. TTY users should call 711. From October 1 through February 14, our office hours are 8:00 a.m. to 8:00 p.m., 7 days a week, excluding certain holidays. However, after February 14, your call will be handled by our automated phone system on weekends and certain holidays.

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.

SilverSneakers® is a registered mark of Healthways, Inc. 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, Inc. Health Net is a registered service mark of Health Net, Inc. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.