

# ACCESSING YOUR **CHIROPRACTIC & ACUPUNCTURE** BENEFITS

Kaiser Permanente has contracted with American Specialty Health Plans of California, Inc. (ASH Plans) to provide access to **supplemental** chiropractic and acupuncture benefits.\*

## HOW TO FIND A CHIROPRACTOR OR ACUPUNCTURIST:

1	<p>To find a contracted ASH Plans practitioner:</p> <ul style="list-style-type: none"><li>• Call ASH Plans Customer Service (Monday – Friday, 5 a.m. – 8 p.m. PT; Saturday &amp; Sunday, 5 a.m. – 10 p.m. PT) at <b>800.678.9133</b>.</li><li>• Or visit <b><a href="http://www.ashlink.com/ash/kp">www.ashlink.com/ash/kp</a></b> for a list of practitioners near you.</li></ul>
2	<p>Call the practitioner directly to schedule an appointment.</p>
3	<p>Present your health plan ID card so your practitioner can verify your eligibility. Then, simply pay your designated copay for services rendered.</p>

\* You may have additional acupuncture services covered as part of your health plan benefits. Please check your plan's documentation or contact Kaiser Permanente for more details.

Except in the case of urgent or emergency services, covered services must be provided by a contracted ASH Plans chiropractor or acupuncturist. Other exclusions and limitations may apply. See your Evidence of Coverage for details.

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