

ACCESSING YOUR **CHIROPRACTIC** & **ACUPUNCTURE** BENEFITS

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

As a CalPERS member, your benefit includes:

- A combined 20 visits per calendar year
- A \$15 copay at each visit
- No referral required

HOW CAN I FIND A CHIROPRACTOR OR ACUPUNCTURIST?

1	<p>To find a contracted ASH Plans practitioner:</p> <ul style="list-style-type: none">• Call ASH Plans Customer Service at 800.678.9133 Between 10/1 and 3/31 Saturday - Sunday, 8 a.m. - 8 p.m. local time, for every time zone serviced Between 4/1 and 9/30 Monday - Friday: 5 a.m. - 8 p.m. Pacific time• Or visit www.ashlink.com/ash/kp for a list of practitioners near you
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>



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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