



# Acupuncture Care

Plan AB

Quality, affordable coverage through Health Net and ASH Plans

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Health Net

## Acupuncture care

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable acupuncture coverage. Although you're always welcome to consult your primary care physician, you won't need a referral to see a participating acupuncturist. With this program, you're free to obtain care by self-referring to a participating acupuncturist from our acupuncture directory.

Covered services may require verification of medical necessity by ASH Plans except for:

(a) an initial examination by a participating acupuncturist; and (b) emergency and urgent care acupuncture services. When ASH Plans approves a treatment plan, the approved services for each subsequent office visit covered by the treatment plan also includes a brief re-examination in each subsequent office visit if deemed necessary by the participating acupuncturist, without additional approval by ASH Plans.

### Definition of acupuncture covered services

Services provided by a participating acupuncturist (or emergency and urgent care acupuncture services provided by a nonparticipating acupuncturist) are covered

for the following injuries, illnesses, diseases, functional disorders or conditions, when determined to be medically necessary.

### What's covered

#### Covered conditions

- Neuromusculoskeletal conditions, including conditions such as fibromyalgia and myofascial pain
- Pain, including low back pain, postoperative pain and postoperative dental pain
- Nausea, including adult postoperative nausea and vomiting, chemotherapy nausea and vomiting, and nausea of pregnancy
- Carpal tunnel syndrome
- Headaches
- Menstrual cramps
- Osteoarthritis
- Stroke rehabilitation
- Tennis elbow

#### Office visits<sup>1</sup>

- \$10 per visit, 20 visits per calendar year (visit maximums are combined for acupuncture and chiropractic services)
- Initial examination, subsequent office visits, re-examination

(continued)

<sup>1</sup>Includes emergencies and urgent care visits and referral visits to nonparticipating acupuncturists.

### *Other covered services*

- Medically necessary X-rays and laboratory tests except as otherwise approved by ASH Plans Director of Acupuncture Services or Health Net.

### **What's not covered**

Services or supplies excluded under the acupuncture 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<sup>2</sup>**

- Air conditioners, air purifiers, therapeutic mattresses, supplies, or any similar devices or appliances, and all support appliances or durable medical equipment, except as defined elsewhere.
- Thermography, magnets used for diagnostic or therapeutic use, ion cord devices, manipulation or adjustments of the joints, physical therapy services, iridology, hormone replacement products, acupuncture point or trigger-point injections (including injectable substances), laser/laser biostim, colorpuncture, NAET diagnosis and/or treatment, and direct moxibustion.
- Services, exams (other than an initial examination to determine the appropriateness of Acupuncture Services) and/or treatments for conditions other than Neuromusculoskeletal Disorders, Nausea, Pain or pain syndromes.
- Hypnotherapy, behavioral training, sleep therapy, and weight programs
- Education programs, non-medical lifestyle or self-help, or self-help physical exercise training or any related diagnostic testing.



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- Services and other treatments that are classified as Experimental or Investigational. If ASH Plans denies coverage for a therapy for a Member who has a life-threatening or seriously debilitating condition based on a determination by ASH Plans that the therapy is Experimental or Investigational, the Member may be able to request an independent medical review of ASH Plans' determination. The Member should contact ASH Plans' Member Services Department at 1-800-678-9133 for more information.
- Services or treatments for pre-employment physicals or vocational rehabilitation.
- Any services or treatments for conditions caused by or arising out of the course of employment or covered under workers' compensation or similar laws.

**For additional information, please contact Health Net at 1-800-361-3366 or 1-800-522-0088.**

This is only a summary. Acupuncture services can be added to any of our HMO, Elect Open Access or Select 3-Tier POS plans. Consult your plan's Evidence of Coverage, which you receive after you enroll, to determine the exact terms and conditions of your coverage.

<sup>2</sup> Refer to Evidence of Coverage for details.