



# WHO KNEW?

## Focus On Your Benefits

R  
E  
D  
L  
A  
N  
D  
S  
U  
N  
I  
T  
E  
D  
S  
C  
H  
O  
O  
L  
D  
I  
S  
T  
R  
I  
C  
T

### **HOW TO USE YOUR CHIROPRACTIC BENEFITS**

If you are enrolled in the Anthem Blue Cross HMO, POS or the Kaiser Permanente HMO Plan, chiropractic services are included in your benefits. The HMO services of Anthem and Kaiser are administered by American Specialty Health Plans of California (ASH Plans). The POS Plan has chiropractic included in the tier 2 PPO benefit, and is administered by Anthem. Using this benefit is easier than you might guess.

#### **For HMO Members Accessing Chiropractic Benefits:**

1. Simply select a contracted provider of your choice:
  - ❖ Visit the Web site at [www.ashcompanies.com/Applications/ProviderSearch](http://www.ashcompanies.com/Applications/ProviderSearch) to search for a contracted provider, **or**
  - ❖ Call Customer Service toll free at 1-800-678-9133 from 5 a.m. to 6 p.m., Monday-Friday, (PST).
    - A. No referral required.
    - B. You may change providers at any time.
2. Call the ASH Insurance provider directly to schedule an appointment.

#### **For POS Members Accessing Chiropractic Benefits:**

1. Simply select a contracted provider of your choice within the Anthem Chiropractic network (the benefit is available in-network/Tier 2 only):
  - ❖ Visit the Web site at [www.anthem.com/ca](http://www.anthem.com/ca) to search for a contracted provider. You can log in securely under your member ID, or search for a provider as a *Visitor*. To help you in your search:
    - A. Under *Select a type of plan* – select *Large Group*
    - B. Under *Select a Plan* – select *Blue Cross PPO (Prudent Buyer)*
    - C. Under *Select a Provider Type* – select *Other Health Professionals*
    - D. Under *Select a Specialty* – select *Chiropractic*
    - E. Continue to follow the prompts as indicated to finalize your selection
2. Call the ASH Insurance provider directly to schedule an appointment.

#### **When you arrive for your appointment:**

1. Your provider should verify your eligibility status using your Medical Insurance ID Card.
2. You may be asked to complete health history forms required by the provider.
3. You may be asked to simply pay your designated copayment for services rendered (or you may not be asked for this until your claim is processed).

#### **The benefits listed below are covered when services are provided by an ASH Chiropractor:**

##### ***Anthem Blue Cross HMO Plan***

Office Visit \$10/visit, 30 visits per calendar year

##### ***Kaiser Permanente HMO Plan***

Office Visit \$10/visit, 20 visits per calendar year

##### ***Anthem Blue Cross POS Plan***

Office Visit (Tier 2) \$10/visit, 30 visits per calendar year. Deductible waived.

*Member has up to 30 (Anthem) or 20 (Kaiser) visits per calendar year for chiropractor care services that are determined by ASH Plans to be medically/clinically necessary. All visits to an ASH Plans chiropractor will be applied towards the maximum number of visits in a calendar year. The ASH Plans chiropractor is responsible for submitting a treatment plan to ASH Plans for prior approval.*

Provided By:

**Keenan**  
Associates

License No. 0451271  
(951) 788-0330