



Acupuncture Benefit^{1, 2}

Find better balance with alternative care options.

People use acupuncture for many reasons, from relieving pain to helping treat certain health conditions. Acupuncture may be helpful by itself or as part of a treatment program.

Your Acupuncture Benefit

When clinically appropriate, your acupuncture benefit covers treatment of:

- Neuromusculoskeletal pain due to an injury or illness; or
- Allergies, asthma, nausea and/or vomiting

Your treatment may include:

- Acupuncture by manual stimulation
- Electro-acupuncture applied to inserted needles
- Acupressure
- Cupping or moxibustion – covered only in lieu of electrical stimulation

You may self-refer for visits to contracted acupuncturists. Refer to your *Summary of Benefits and Coverage* form for copayment amount, number of visits covered, and other benefit information.

To find participating acupuncturists or schedule an appointment:

- Call the Centers for Complementary Medicine at **1-844-800-0788**
- Visit **kp.org/locations** and search by keyword

Some services may not be covered under this benefit, including:

- Rental or purchase of durable medical equipment
- Air purifiers, therapeutic mattresses, supplies, or similar devices, appliances, and equipment
- Massage or soft tissue techniques, except acupressure
- Treatment mainly for obesity or weight control
- Hypnotherapy
- Addiction (this includes quitting smoking)

1. Colorado state law requires that an Access Plan be available that describes Kaiser Foundation Health Plan of Colorado's network provider access. To obtain a copy, please call Member Services or visit **kp.org**.

2. The information provided here is a summary only. For benefit information, see your *Certificate of Insurance and/or Evidence of Coverage*.