

Alternative Care Update

Effective 1/1/23, Kaiser Permanente members no longer require a referral to seek alternative care benefits.



Chiropractic

Chiropractic care focuses on treating pain and other musculoskeletal conditions through manipulation of the spine and other joints.



Acupuncture

Acupuncture uses extremely fine needles inserted at various points in the body to treat many diseases and conditions.



Massage Therapy

Massage therapy is the manipulation of muscles and other soft tissues to reduce pain and regain mobility.



Naturopathic

Naturopathic care seeks to assist patients with natural healing support for common diseases and conditions.

Other Key Changes Include:

- Alternative Care benefits no longer have an annual maximum
- Naturopath Care is covered under the primary care benefit, subject to office visit copay
- Physician Referral Benefits are discontinued
- Members can access the provider list at [CHPgroup.com](https://www.chpgroup.com) – no referral needed

Do not distribute

For Multnomah
County HR Team

2021	2022	2023
Self-referred Naturopathic Medicine - \$15 Copay; \$500 Benefit Maximum per year for All Covered Services Combined (Acupuncture, Chiropractic, Massage, & Naturopathic Services). Coverage is part of the Alternative Care Rider.	Self-referred Naturopathic Medicine included in Base Plan Benefits at the Primary Care Copay with Unlimited visits and No Annual Benefit Max. Traditional Plan Copay is \$10. Deductible Plan Copay is \$20.	Self-referred Naturopathic Medicine included in Base Plan Benefits at Primary Care Copay with Unlimited visits and No Annual Benefit Max. Traditional Plan Copay is \$10. Deductible Plan Copay is \$20.
Self-referred Acupuncture Services - \$15 Copay; \$500 Benefit Maximum per year for All Covered Services Combined (Acupuncture, Chiropractic, Massage, & Naturopathic Services). Coverage is part of the Alternative Care Rider.	Self-referred Acupuncture Services - \$15 Copay; up to 20 visits per year as part of the Alternative Care Rider.	Self-referred Acupuncture Services - \$15 Copay; up to 20 visits per year as part of the Alternative Care Rider.
Self-referred Chiropractic Services - \$15 Copay; \$500 Benefit Maximum per year for All Covered Services Combined (Acupuncture, Chiropractic, Massage, & Naturopathic Services). Coverage is part of the Alternative Care Rider.	Self-referred Chiropractic Services - \$15 copay; up to 20 visits per year as part of the Alternative Care Rider.	Self-referred Chiropractic Services - \$15 copay; up to 20 visits per year as part of the Alternative Care Rider.
Self-referred Massage Services - \$25 Copay; up to 12 visits per year & \$500 Benefit Maximum per year for All Covered Services Combined (Acupuncture, Chiropractic, Massage & Naturopathic Services). Coverage is part of the Alternative Care Rider.	Self-referred Massage Therapy - \$25 copay; up to 12 visits per year as part of the Alternative Care Rider.	Self-referred Massage Therapy - \$25 copay; up to 12 visits per year as part of the Alternative Care Rider.
Alternative Care Rider benefits have \$500 Annual Benefit Max for All Covered Services Combined (Acupuncture, Chiropractic, Massage & Naturopathic Services). Amounts paid do NOT apply to Maximum Out of Pocket (MOOP).	Alternative Care Rider benefits have No Annual Benefit Max. Amounts paid apply to Maximum Out of Pocket (MOOP). Members continue to utilize CHP Network of Providers.	Alternative Care Rider benefits have No Annual Benefit Max. Amounts paid apply to Maximum Out of Pocket (MOOP). Members continue to utilize CHP Network of Providers.
Physician-referred Acupuncture, Chiropractic, and Naturopathic Services included in Base Plan Benefits. Traditional Plan is at \$10 Copay and Deductible Plan is at 20% Coinsurance after Deductible. Acupuncture is limited to 12 visits per year. For all services, members must meet clinical medical criteria to be referred.	One Year Extension of Physician-referred Services (through 12/31/22). Part of Base Plan Benefits. Traditional Plan is at \$10 copay and Deductible Plan is at 20% Coinsurance after Deductible. Acupuncture is limited to 12 visits per year. For all services, members must meet clinical medical criteria to be referred.	Physician-referred benefits replaced with Self-referred benefits (see above).