

# 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