



Chiropractic Care and the Silver&Fit[®] Program

Plan C0D

Quality, affordable coverage through Health Net and ASH Plans

Health Net has teamed up with American Specialty Health Plans of California, Inc. (ASH Plans) to offer quality, affordable chiropractic coverage. In addition, members have access to the Silver&Fit[®] program provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).

- Initial examination, subsequent office visits, re-examination

There is a \$50 annual chiropractic appliance allowance toward the purchase of medically necessary items such as supports, collars, pillows, heel lifts, ice packs, cushions, orthotics, rib belts, and home traction units.



For additional information, please call Health Net at **1-800-539-4072** (TTY: 711).

Chiropractic care

You may obtain chiropractic care by selecting a participating chiropractor from the ASH Plans network. Although you're always welcome to consult your primary care physician, you won't need a referral to see an ASH Plans network participating chiropractor.

What's covered

Office visits

- \$20 copayment per visit/20 medically necessary visits per calendar year

Covered conditions

- Neurological conditions
- Inflammatory disorders
- Sprain/strain injuries to the spine and extremities
- Intervertebral disc injuries/disorders
- Degenerative joint diseases/arthropathies
- Headaches
- Muscular spasms and myalgias

(continued)

The Silver&Fit Exercise and Healthy Aging Program

Get fit and have fun with the Silver&Fit Program. The program is designed specifically for Medicare beneficiaries and includes a no-cost membership¹ at a participating fitness center.

- Healthy Aging classes (online or mail)
- The Silver Slate[®] newsletter 4 times a year (online, or by mail or email)
- Other web tools like a fitness center search, online classes, challenges, and more

Helpful information

Services or supplies excluded under the chiropractic 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

- Air conditioners, air purifiers, therapeutic mattresses, vitamins, minerals, nutritional supplements, durable medical equipment, appliances, or comfort items.
- Adjunctive physical therapy not associated with spinal, muscle or joint adjustment.
- Diagnostic scanning, MRI, CAT scans, or thermography.
- Exams or treatment of strictly non-musculoskeletal and related disorders.
- Hypnotherapy, behavioral training, sleep therapy, weight programs, educational programs, non-medical self-help or self-care, or any self-help physical exercise training.
- Lab tests, X-rays, spinal or extremity manipulations, physical therapy, or other services not considered medically necessary or classified as experimental.
- Pre-employment physicals or vocational rehabilitation arising from employment or covered under any public liability insurance.
- Treatment for temporomandibular joint syndrome (TMJ).
- Treatment or services not verified as being medically necessary by ASH Plans or delivered by an ASH Plans chiropractor (except emergency chiropractic services or upon a referral to a nonparticipating chiropractor approved by ASH Plans).

For additional information, please call Health Net at 1-800-539-4072 (TTY: 711). From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends and on federal holidays.

¹Membership includes standard fitness center services. Any nonstandard services that typically require an additional fee are not included. This is only a summary. Consult your plan's *Evidence of Coverage*, which you receive after you enroll, to determine the exact terms and conditions of your coverage.

This information is not a complete description of benefits. Contact the plan for more information.

Limitations, copayments and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary.

American Specialty Health Plans of California, Inc. (ASH Plans) is a wholly owned subsidiary of American Specialty Health Incorporated. ASH Plans is not affiliated with Health Net of California, Inc.

Health Net of California, Inc. has a contract with Medicare to offer HMO plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal.

The Silver&Fit Program and the Silver Slate are trademarks of ASH and used with permission herein.