



Coverage options for chiropractic care and acupuncture



If you need chiropractic and acupuncture treatment that's considered medically necessary, your health maintenance organization (HMO) plan — offered by Self-Insured Schools of California (SISC) — gives you two convenient care options.



Option 1: Go through your medical group with a referral

- Once you have a referral, your plan covers 20 chiropractic visits per benefit period after your copay. Additional visits may be provided if approved by the medical group.
- Ask your PCP for a referral to a chiropractor or acupuncturist. Once that referral is approved by your medical group, your copay for seeing a chiropractor or acupuncturist will be the same as when you see your PCP.
- For acupuncture treatment, there's no limit on how many treatments you can receive or how long your treatments can run. The number of treatments is determined by the referral from your PCP that is approved by your medical group. Please refer to your benefits booklet, the **SydneySM Health** app, or contact Member Services at the phone number on your health plan ID card for additional information on the plan's coverage.



Option 2: Go directly to a care provider in the ASH network

- You can choose to see a chiropractor or acupuncturist who is in the ASH network. This is called self-referring. See the next page to learn how to find an ASH provider.
- Your plan covers 30 visits for chiropractic and/or acupuncture treatment combined per calendar year, and your copay for each visit is \$10.00.
- Treatment must be from a chiropractor or acupuncturist who is part of the ASH network or it will not be covered under your health plan.

How can I find a chiropractor or acupuncturist in the ASH network who is in my area?

Visit [anthem.com/ca/sisc](https://www.anthem.com/ca/sisc) and select **Find Care**. Scroll down and select **HMO Chiropractic and Acupuncture Network**. You can also call Member Services at the phone number on your health plan ID card.

