

## How can I use alternative care through my Kaiser benefit?

- Providers must be on the [CHP network](#).
  - Under "Choose a Participating Plan" select Kaiser Permanente Self-Referred
- When you show up for your appointment, show your Kaiser card and pay the applicable copay:

2017 Kaiser Alternative Care Coverage	
Network	CHP
Annual Maximum **	\$1,500 / calendar year
Chiropractic	\$15 copay
Acupuncture	\$15 copay
Naturopath	\$15 copay
Therapeutic Massage	\$25 copay

- Be aware of the annual maximums, which is the amount that Kaiser pays out in claims in a calendar year, per covered person. Definitely ask your provider what they will be billing so you anticipate how long you can use your benefit before you are required to pay the full amount out of pocket.
  - For example, in the case that the massage costs \$75, your copay would cover \$25 and the \$50 will be charged to Kaiser and you would be able to enjoy 30 massages in the calendar year.
  - In the case that the massage costs \$100, your copay would cover \$25 and the \$75 will be charged to Kaiser and you would be able to enjoy 20 massages in the calendar year.