



when you feel great,
you're unstoppable.



Acupuncture and chiropractic benefits with Blue Shield

You are covered for acupuncture and chiropractic services, for just a \$10 copay up to a combined maximum of 30 visits per member each calendar year, through American Specialty Health Plans of California, Inc. (ASH).

Once you've used your combined maximum benefit of 30 visits, you can still save money on these services with our Alternative Care Discount Program, which offers a 25% discount* on services from ASH network providers.

Find an acupuncturist or chiropractor now:

Log in to blueshieldca.com, click on *Find a Doctor* on your dashboard, and select *Alternative Medicine*.



Creating your online account

If you have not created your online account, it only takes a minute. Just go to blueshieldca.com/register. You'll need your Blue Shield member ID card number handy and a current email address. Once you log in to your online account, you will see the *Find a Doctor* tool on your dashboard.

* The Alternative Care Discount Program is an exclusive offer to Blue Shield members, made available through an arrangement with American Specialty Health Systems, Inc. and American Specialty Health Group, Inc. (ASH Group) and is not a covered service of any Blue Shield health plan. ASH credentials and manages the program's practitioner services and products for medical necessity or efficacy, and make no representations, claims, or guarantees regarding their services or products. Members who use the discount program are responsible for the payment of services provided by participating network practitioners, including payment for cancelled or missed appointments. Members who are not satisfied with services received from the program's practitioners may use the Blue Shield grievance process. Blue Shield reserves the right to terminate this program without notice.