



Kaiser Self-Referred Alternative Care Coverage through CHP Group

| Type of Care | Visit Cost (co-pays count towards out-of-pocket max) | # of Visits per year |
|--------------|--|----------------------|
| Massage | \$25 co-pay | 12 |
| Acupuncture | \$15 co-pay | 20 |
| Chiropractic | \$15 co-pay | 20 |
| Naturopathic | \$20 co-pay | unlimited |

How you get care: Kaiser alternative care benefits are self-referred; Visit chpgroup.com. For “Participating Plan,” select “Kaiser Self-Referred.” Select the other options that apply to the type of care you’re seeking and search for a provider. Contact providers from the list given and let them know you have CHP coverage through Kaiser when making your appointment. If you have issues finding a provider, please contact CHP customer service and they can assist: **(503) 203-8333**.

More info: [Kaiser Alternative Care Flyer](#)



Moda Alternative Care

| Type of Care | Cost of Office Visit (in/out of network) | Cost of Treatment | # of Visits per year |
|--------------|--|--|----------------------|
| Massage | (in/out) 50% (deductible waived) | n/a | 12 |
| Acupuncture | (in) \$40 (out) 35% after deductible | 15% after deductible is met | 20 |
| Chiropractic | (in) \$40 (out) 35% after deductible | Spinal manipulation - 50% (deductible waived) | 20 |
| Naturopathic | (in) \$40 (out) 35% after deductible | 15% after deductible is met | unlimited |

How you get care: You can find a provider by doing a [provider search](#) through Moda, selecting the **Connexus Care network**. Select the options and preferences that apply to the type of care and provider you’re seeking and Search. Contact providers from the list given.