

Kaiser Self-Referred Alternative Care Coverage through Heraya Health

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 herayahealth.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 coverage through Kaiser when making your appointment. If you have issues finding a provider, please contact Heraya Health customer service and they can assist: **(503) 203-8333**.

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



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 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.