

CHP complementary & alternative medicine benefit

Your Complementary & Alternative Medicine Benefit

As a part of your health insurance program, you have access to a complementary and alternative medicine (CAM) benefit.

What is complementary & alternative medicine?



Chiropractic

Chiropractic and manual manipulation of the spine or other parts of the body is a non-invasive therapy that focuses on reducing pain and improving the function and structure of the body.



Naturopathic Medicine

Naturopathic medicine uses a wide range of natural approaches, such as clinical nutrition, herbal medicine, and homeopathy to diagnose and treat patients.



Massage Therapy

Therapeutic massage involves the manipulation of the soft tissue structures of the body to help prevent and alleviate pain, muscle discomfort, muscle spasms, and stress.



Acupuncture

Acupuncture is the stimulation of specific points on the body by the insertion of thin metal needles through the skin. Patients rely on acupuncture treatments to relieve pain and reduce inflammation.

Find a CHP Provider

Visit www.chpgroup.com and use the "Find a Provider" link on the home page to search for providers by discipline, geographical location and more.

CHP Active & Healthy

CHP Active & Healthy offers discounted access to local, regional and national recreational, cultural, fitness and wellness-centered businesses, retail services, equipment, instruction, memberships, tickets.

To find a discount, visit the CHP Active & Healthy website at www.chpactiveandhealthy.com and register with your Kaiser Permanente member number. Then, use the search function to find discounts by name, geographical location, type and more.

New discounts are added on a regular basis, so check back often to see what's new!



gyms & classes



sporting events



weight management programs



lift tickets



vitamins & supplements



yoga & pilates

Plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest are subject to exclusions and limitations. A complete list of the exclusions and limitations is included in your Evidence of Coverage (EOC). To obtain a copy of your EOC, log on to kp.org or contact the Membership Services at 1-800-813-2000. (toll free), 500 NE Multnomah St., Suite 100, Portland, OR 97232.

