

Stay active and live comfortably, with benefits that include **ALTERNATIVE TREATMENTS FOR CHRONIC PAIN.**



If you're suffering from chronic pain but want alternatives to prescription medication or surgery, many Blue Cross® Blue Shield® Arizona (BCBSAZ) Medicare Advantage plans cover chiropractic, acupuncture, and therapeutic massage.

- Are you dealing with back and hip discomfort, or frequent headaches? **Chiropractic** care may be right for you.
- Have you experienced a new painful injury or have longstanding arthritic pain in your knee? **Acupuncture** care may be right for you.
- Are you feeling persistent achiness and tightness in your neck related to seated posture or sleeping position? **Therapeutic massage** may be right for you.



Using an American Specialty Health (ASH) chiropractic provider, you are covered for combined visits between chiropractic, acupuncture, and therapeutic massage per year:

BCBSAZ Medicare Advantage Plan	Total combined visits*
Blue Medicare Advantage Classic (HMO) (Maricopa)	30
Blue Medicare Advantage Plus (HMO) (Maricopa)	30
BluePathway SM Plan 1 (HMO) (Maricopa)	20
BluePathway Plan 2 (HMO) (Maricopa)	30
BluePathway Plan 2 (HMO) (Pima)	20
BlueJourney SM (PPO) (Maricopa/Pima)	30
Blue Medicare Advantage Classic (HMO) (Pima)	Not covered
Blue Medicare Advantage Standard (HMO) (Santa Cruz)	Not covered

You can relax knowing these treatments are covered

1

Find a contracted provider near you

Call American Specialty Health Customer Service at **1-800-678-9133, TTY: 711** (Monday through Friday, 6 a.m. to 9 p.m.; Saturday, 1 p.m. to 9 p.m. Mountain time) for a list of eligible/participating providers near you.

2

Schedule an appointment with the provider

Call the provider to schedule an appointment, or schedule one online, if available.

3

Take your ID card to your appointment

The provider will verify your coverage before they provide services.

Questions? Visit [azblue.com/medicare](https://www.azblue.com/medicare)

Or call BCBSAZ Member Services at **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331, TTY: 711**. Hours are 8 a.m. to 8 p.m. Monday through Friday from April 1 to September 30, and daily from October 1 to March 31.



An Independent Licensee of the Blue Cross Blue Shield Association

Alternative therapy benefits are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). This information is not a complete description of the program. ASH is an independent and separate company contracted with BCBSAZ to provide health and wellness services to BCBSAZ members.

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