

# Complementary Alternative Medicine (CAM)

## SUMMARY OF BENEFITS



According to a nationwide government survey released in December 2008, approximately 38 percent of U.S. adults aged 18 years and over and approximately 12 percent of children use some form of CAM.

~ National Center for Complementary and Alternative Medicine  
November 2009

### **ACUPUNCTURE BENEFIT OVERVIEW\***

Covers treatment of pain related to acute neuromusculoskeletal conditions such as dysfunction of the neck, back or joints, headaches, carpal tunnel, arthritis, allergies and asthma. Acupuncture services must be authorized.

- \$15 copay
- PCP referral is not required to receive covered services
- 20 medically necessary visits per year
- Typically covered acupuncture services include:

Evaluation	Manual stimulation
Electroacupuncture	Moxibustion
Acupressure	Cupping

### **CHIROPRACTIC BENEFIT OVERVIEW\***

Covers treatment of pain related to acute neuromusculoskeletal conditions such as low back pain, sprains and strains, headaches, neck pain, and muscle spasms. Chiropractic services must be authorized.

- \$15 copay
- PCP referral is not required to receive covered services
- 20 medically necessary visits per year
- Typically covered chiropractic services include:

History	Conjunctive physiotherapy
Examination	X-rays
Manipulation	

### **TO LOCATE A PARTICIPATING PRACTITIONER**

Visit [www.landmarkhealthcare.com](http://www.landmarkhealthcare.com) or call (800) 638-4557 to locate a participating acupuncturist or chiropractor in your area.

\* Refer to the Chiropractic and Acupuncture Evidence of Coverage for additional plan details. Complementary alternative medicine services are administered by Landmark Healthplan of California, Inc.