

## 2025 Washington traditional, deductible, and HDHP massage therapy benefit

This benefit covers self-referred massage therapy services when obtained from participating providers. Therapeutic massage involves the manipulation of soft tissue structures of the body to help alleviate pain, muscle discomfort, and stress by helping to promote health and wellness. Covered services include therapeutic massage procedures.

Benefits are subject to the cost shares and visit limits shown below.

| Self-Referred Services | Cost Share* | Visit Limit |
|------------------------|-------------|-------------|
| Massage                | \$25        | 12          |

### Visits

Members do not need a referral to make an appointment. There is no claim form to file. Cost shares are directly paid to the provider when members receive care. Once the visit limit has been reached, members pay 100% of the cost of services for the remainder of the calendar year. For additional visits, members receive a discount of up to 20% when a provider from the CHP network is used.

### Participating providers

We contract with The CHP Group, a network of alternative care providers, to provide covered services to members. Visit [chpgroup.com](https://chpgroup.com) for a list of participating providers or contact Member Services.

### Massage therapy exclusions

- Charges incurred as a result of a missed appointment or an appointment not canceled.
- Dermal friction technique.
- East Asian massage and tui na.
- Qi gong.
- Services designed to maintain optimal health in the absence of symptoms.

\*If added to an HSA-qualified deductible plan, this benefit is subject to the deductible.

This is not a contract. This benefit summary does not fully describe your benefit coverage with Kaiser Foundation Health Plan of the Northwest. Please see your *Evidence of Coverage (EOC)* for complete details of benefits as well as exclusions and limitations. In the event of a conflict between this summary and the *EOC*, the *EOC* will control.