

2026 Washington PPO Plus massage therapy benefit

This benefit covers self-referred massage therapy services. 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.

Members may choose to receive covered services from PPO providers or nonparticipating providers. PPO providers include Kaiser Permanente providers, First Choice Health network providers, and First Health Network providers.

Self-Referred Services	Cost Share ¹ PPO Providers	Cost Share ^{1,2} Nonparticipating Providers	Visit Limit ³
Massage	\$25	40%	12

Office visits

Members do not need a referral to make an appointment. There is no claim form to file for services from PPO providers; 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.

PPO providers

PPO Providers are contracted through First Choice Health network in Oregon, Washington, Alaska, Idaho, Montana, North Dakota, South Dakota, and Wyoming. First Health Network providers are in all remaining states.

Nonparticipating providers

Members may obtain care from licensed nonparticipating community providers of their choice.

Visit kp.org/choiceproducts/nw or contact Customer Service at **1-866-616-0047** for more information.

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.

¹If added to an HSA-qualified deductible plan, this benefit is subject to the deductible.

²Members may need to file a claim for covered services at nonparticipating providers.

³Visit limits for a covered service apply to PPO provider and nonparticipating provider benefits combined.