



Kaiser Permanente Individual Medicare health plan

# Alternative care self-referred benefit

18 combined visits for chiropractic, naturopathic, and acupuncture treatments

We want to help you thrive — in mind, body, and spirit. To help you achieve total health, all of our individual Medicare health plans include an alternative care benefit covering **chiropractic, naturopathic, and acupuncture treatments** without a referral.

See our Senior Advantage (HMO-POS) Summary of Benefits or *Evidence of Coverage* at [kp.org/eocnw](https://kp.org/eocnw) for more information on benefits and copays.

## Getting started:

- **Choose your alternative care provider at [herayahealth.com](https://herayahealth.com) or by calling 1-800-449-9479.** You can choose from any of the in-network providers based on location and services.\*
- **Schedule an appointment.** Call the provider you selected to make an appointment.
- **Determine the amount you pay.** See our Senior Advantage Summary of Benefits for details.
- **Questions? We're here to help.** Call Member Services at **1-877-221-8221 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.

---

\*To be covered by your benefit, you must receive care from a provider in our service area (in-network) who is part of the Heraya Health network. Provider list is subject to change.

Kaiser Permanente is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.  
©2025 Kaiser Foundation Health Plan of the Northwest  
H9003\_ALT1125\_M