



Complementary Alternative Medicine (CAM) Benefits

In the United States, 62% of adults are using some form of CAM, which includes provider based therapies such as acupuncture and chiropractic care.

National Center for Complementary and Alternative Medicine
May 2004

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 or call (800) 638-4557 to locate a participating acupuncturist or chiropractor in your area.

**Refer to the Summary of Benefits and Evidence of Coverage and Disclosure Form for full plan details.
Complementary alternative medicine services are administered by Landmark Healthplan of California, Inc.*