

## 2024 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 providers, and First Health Network providers.

Self-Referred Services	Cost Share <sup>1</sup> PPO Providers	Cost Share <sup>1,2</sup> Nonparticipating Providers	Visit Limit <sup>3</sup>
Massage	\$25	40%	12

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

<sup>2</sup>Members may need to file a claim for covered services at nonparticipating providers.

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

### 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 provider

Members may contact Customer Service at **1-866-616-0047** or visit **kp.org/ppoplus/nw** to locate a PPO provider and for additional information.

### Alternative care exclusions

- Charges incurred as a result of 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.