

Get back to doing the things you love.

Lower back pain is one of the most common sources of pain that interferes with a person's quality of life. Chiropractic or acupuncture treatment options may help ease pain and restore function.



You've got a lot of providers to choose from.

As part of your health plan benefits, you have direct access to more than 3,000 credentialed chiropractors and over 950 credentialed acupuncturists servicing California.

If these services are covered, you simply pay a \$15 copayment per visit.¹ You don't need a referral, there are no deductibles or claim forms to fill out, and your participating provider coordinates all services and billing directly with OptumHealth. There, don't you feel better already?

How to find a provider.

- 1 Visit uhc.com/CalPERS and select Find a Network Doctor on the **I want to...** drop-down menu.
- 2 Search for Chiropractors and Acupuncturists.
- 3 Enter your search criteria, Specialty and State, Provider Address, City or ZIP.
- 4 Select UnitedHealthcare SignatureValue[®] from the Plan/Product drop-down menu.



For More Information

Please call the member phone number on your health plan ID card.

¹ 20 Visit Annual Combined Maximum for acupuncture and chiropractic. Members are responsible for any charges resulting from non-covered services. The information provided on included programs is for informational purposes only and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card.

Health plan coverage provided by or through UnitedHealthcare Insurance Company, UHC of California and UnitedHealthcare Benefits Plan of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC).

Chiropractic services administered through Optum, a UnitedHealth Group company.

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