

Understanding Your Acupuncture Coverage

Your benefits include coverage for up to 12 acupuncture visits each Plan Year for you, your spouse, or your dependents enrolled in an Archdiocese Health Plan.

How to Use Your Acupuncture Benefit

With your Preferred Provider Organization (PPO) plan, after each acupuncture session, you'll need to pay a co-pay, deductible, or co-insurance, depending on whether or not you receive care from an in- or out-of-network provider. See below for payment details:



In Network (preferred)

You pay a co-pay, no deductible.



Out of Network (non-preferred)

You pay out of pocket until you meet your deductible. Once your deductible is met, you are responsible for paying co-insurance.

Be sure to visit an acupuncturist in the Blue Cross PPO network to receive the lowest out-of-pocket cost.

How Acupuncture May Help You

Many people use acupuncture to help ease long-term pain from conditions like arthritis and sciatica. Acupuncture may also help with:¹

- Digestive issues and upset stomach or nausea from chemotherapy or anesthetics
- Mental health
- Headaches and migraines
- Menstrual cramps
- Respiratory issues like allergies and asthma
- Substance abuse or addiction

Find an Acupuncturist

Use our Find a Doctor & Estimate Costs tool at <https://member.bluecrossma.com/fad/medical-index/specialities> to search for an in-network acupuncturist near you.

1. "Adult Health Library," ahealthyme. Accessed March 10, 2020. <http://www.ahealthyme.com/Library/DiseasesConditions/Adult/CompAltMed/85,P00171>.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).