

CHP COMPLEMENTARY AND ALTERNATIVE MEDICINE BENEFIT

As a part of your health insurance program, you have access to a complementary and alternative medicine benefit.

What is complementary and alternative medicine?

Chiropractic

Chiropractic and manual manipulation of the spine or other parts of the body is a non-invasive therapy that focuses on reducing pain and improving the function and structure of the body.

Naturopathic medicine

Naturopathic medicine uses a wide range of natural approaches, such as clinical nutrition, herbal medicine, and homeopathy, to diagnose and treat patients.

Massage therapy

Therapeutic massage involves manipulation of soft tissue to help prevent and alleviate pain, muscle discomfort, muscle spasms, and stress.

Acupuncture

Acupuncture is the stimulation of specific points on the body by thin, metal needles to relieve pain and reduce inflammation.

Find a CHP provider

Visit www.chpgroup.com and use the "Find a Provider" link on the home page to search for providers by discipline, geographic location, and more.

CHP Active and Healthy

CHP Active and Healthy offers discounted access to local, regional, and national recreational, cultural, fitness, and wellness-centered businesses, retail services, equipment, instruction, memberships, and tickets.



Register online to find a discount

Visit the CHP Active and Healthy website at www.chpactiveandhealthy.com and register with your Kaiser Permanente health record number. Then, use the search function to find discounts by name, geographic location, type, and more.

New discounts are added on a regular basis, so check back often to see what's new!



Lift tickets



Weight management programs



Yoga and Pilates



Sporting events



Vitamins and supplements



Gyms and classes



Guided tours

Plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest are subject to exclusions and limitations. A complete list of exclusions and limitations is included in your *Evidence of Coverage (EOC)*. To obtain a copy of your *EOC*, log on to kp.org or call Membership Services at 1-800-813-2000.



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