

# SCHEDULE OF BENEFITS

## Acupuncture Group Voluntary Plan

Your Employer Group has contracted with Landmark Healthplan of California, Inc. (Landmark) to provide you with an acupuncture benefit that requires the use of Participating Acupuncturists. You can obtain a directory of Participating Acupuncturists through your employer, plan administrator, or Landmark, or you can access a continuously updated directory on Landmark's Web site at [www.LHP-CA.com](http://www.LHP-CA.com) under the "Member" option. You may also call Landmark's Customer Service Department at **1-800-298-4875** for referrals to Participating Practitioners in your area.

### FREE LANGUAGE ASSISTANCE IS AVAILABLE

If you need help in understanding your Landmark acupuncture benefits or need help to handle an issue about your benefits, please contact Landmark's Customer Service Department at 1-800-298-4875 between 5:30 AM and 5 PM, Monday through Friday, for free help. We can also help you in languages other than English.

If you or your dependents would like Landmark and your doctor to use a specific language when speaking or writing to you, please go to <https://www.LHP-CA.com/Survey.aspx> on the Internet and complete Landmark's brief language preference survey. The survey only takes about 3 minutes to complete and your answers will be strictly confidential. If you prefer to complete a paper copy of this survey, you may request one by writing to us at:

Landmark Healthplan of California, Inc.  
 Attn: QM Dept. - SURVEY  
 2629 Townsgate Rd Suite 235  
 Westlake Village, CA 91361

<b>Benefits and Co-payments</b>	
Office Visit	\$35 co-payment
Maximum Annual Visits	15 visits
Emergency Care*	Same co-payment as office visit

*\*Services provided by Non-Participating Practitioners are covered for Emergency Services only.*

### A. Covered Services

#### 1. Acupuncture Treatment

Covered Acupuncture Services are those within the scope of acupuncture care for the treatment of neuromusculoskeletal pain resulting from an injury or illness. In addition, coverage is provided for preventive, maintenance, and wellness care for any mechanical neuromusculoskeletal condition, uncomplicated asthma (that which is not effected by another condition or disease), allergies, post-operative or chemotherapy nausea and vomiting, nausea of pregnancy, post-operative (including dental) pain, fibromyalgia, headaches and low-back pain. Services need not be pre-authorized, will not be reviewed for Medical Necessity, and include the following:

- Acupuncture
- Electro-acupuncture
- Moxibustion
- Cupping
- Acupressure

## **2. Emergency Services**

Emergency Services are covered for the sudden and unexpected onset of an acute illness, extreme neuromusculoskeletal pain or accidental injury to the nervous, musculoskeletal and/or skeletal body systems, that, in the reasonable judgment of the Member, requires immediate care, the delay of which could decrease the likelihood of maximum recovery, and for which the Member seeks to secure acupuncture services immediately after the onset, or as soon thereafter as practicable. Emergency Services do not require pre-authorization; however, Emergency Services rendered by a Non-Participating Acupuncturist are subject to Landmark's determination that the Member would reasonably have considered that Emergency Services were required.

Emergency Services rendered by a Non-Participating Acupuncturist are covered only when the acupuncturist rendering services can show that the services were for a neuromusculoskeletal condition and/or illness and were provided to reduce the severity of the condition including pain until a Participating Acupuncturist could safely assume treatment. Similarly, Emergency Services received outside of Landmark's Service Area will be covered only when the Non-Participating Acupuncturist rendering services can show that the services were for a neuromusculoskeletal condition and/or illness and were provided to reduce the severity of the condition including pain until a Participating Acupuncturist could safely assume treatment. Under the Landmark Plan, emergency care must be transferred to a Participating Acupuncturist as soon as such transfer would not create an unreasonable risk to the Member's health.

## **B. Second Opinions and Referrals**

### **1. Second opinions**

On occasion, a Participating Acupuncturist may require a second opinion, which is for consultation only, from another acupuncturist. Landmark does not require an authorization for any second opinion. Second opinions initiated by your Participating Acupuncturist will not count against your maximum annual visits and will not require a Member office visit co-payment. Second opinions initiated by Members will count against the maximum annual visits and will require a Member office visit co-payment.

### **2. Referrals to non-acupuncture practitioners**

For referrals to non-acupuncture practitioners, Members or enrollees of full-service plans or HMOs will be referred to the plan or HMO practitioner network for non-neuromusculoskeletal conditions, conditions not improving with acupuncture care, and other such services that cannot be provided by another Participating Acupuncturist.

## **C. Limitations and Exclusions**

### ***Circumstances Causing Services to be Excluded or Limited***

1. Services provided by a Non-Participating Acupuncturist, except for emergencies
2. Services provided outside of Landmark's Service Area, except for emergencies
3. Services incurred prior to the beginning or after the end of coverage
4. Services that exceed the maximum covered visits for the benefit year
5. Charges incurred for missed appointments
6. Educational programs
7. Pre-employment, school entrance, or athletic physical exams
8. Services for conditions arising out of employment, including self-employment or covered under any workers' compensation act or law
9. Services for any bodily injury arising from or sustained in an automobile accident that is covered under an automobile insurance policy
10. Charges for which the Member is not legally required to pay
11. Services rendered by a person who ordinarily resides in the Member's home or who is related to the Member by marriage or blood.

### ***Specific Services that are Excluded or Limited***

1. Drugs, vitamins, nutritional supplements, or herbs, except as specified in the Schedule of Benefits
2. Experimental or investigational services
3. Vocational, stroke, or long-term rehabilitation
4. Hypnotherapy, behavior training, sleep therapy, or biofeedback
5. Rental or purchase of Durable Medical Equipment (DME)
6. Treatment primarily for purposes of weight control
7. Lab services
8. Thermography, hair analysis, heavy metal screening, or mineral studies
9. Transportation costs, including ambulance charges
10. Inpatient services
11. Massage or soft-tissue techniques other than acupressure as defined in your Evidence of Coverage
12. Advanced diagnostic services, such as MRI, CT, EMG, SEMG, and NCV
13. X-rays of any kind
14. Services related to menstrual cramps
15. Services related to addiction, including smoking cessation
16. Treatment of non-neuromusculoskeletal disorders except for those described under "Acupuncture Treatment" above