

# Stay active and live comfortably, with benefits that include **ALTERNATIVE TREATMENTS FOR CHRONIC PAIN.**



If you're suffering from chronic pain but want alternatives to prescription medication or surgery, BCBSAZ Health Choice Pathway (HMO D-SNP) covers routine podiatry, chiropractic, acupuncture, and therapeutic massage.

**Are you dealing with back and hip discomfort, or frequent headaches?**

**Chiropractic** care may be right for you. You get 12 routine chiropractic visits.

**Have you experienced a new painful injury or have long-standing arthritic pain in your knee?**

**Acupuncture** care may be right for you. You get 12 routine acupuncture visits.

**Are you feeling persistent achiness and tightness in your neck related to seated posture or sleeping position?**

**Therapeutic massage** may be right for you. You get 6 therapeutic massage visits.

**Need help with routine footcare, including nail trimming and preventive foot hygiene?**

**Podiatry** services may be right for you. You get 6 routine podiatry visits.

## You can relax knowing these treatments are covered.

# 1

### Find a contracted provider near you

Visit **ASHLink.com/ASH/BCBSAZHCP** or call American Specialty Health Group, Inc. Customer Service at **1-800-678-9133**, **TTY: 711**, Monday – Friday, 5 a.m. to 8 p.m.; Saturday, 12 p.m. to 8 p.m. Pacific Time, for a list of participating providers near you.

# 2

### Schedule an appointment with the provider

Call the provider to schedule an appointment.

# 3

### Take your BCBSAZ Health Choice Pathway member ID card to your appointment

The provider will verify your coverage before they provide services.



**Questions about your benefits? Call Member Services at 1-800-656-8991, TTY: 711, 8 a.m. to 8 p.m., 7 days a week.**

**HealthChoicePathway.com/extrabenefits**



**Health  
Choice**

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