



Using Your Chiropractic or Acupuncture Benefit Is as Easy as 1-2-3

When you need chiropractic or acupuncture care (depending on the benefit plan covered by your employer), just follow these three simple steps:

1 To find a contracted American Specialty Health® Plans of California, Inc. (ASH Plans) chiropractor or acupuncturist near you:

- Go to the ASH Plans online provider search at www.ashcompanies.com, OR

- Call ASH Plans Member Services at 1-800-678-9133 (5 a.m. to 6 p.m., Monday – Friday) for a directory of the closest providers near your home or work address

2 Call the ASH Plans provider to schedule an appointment

3 At the time of your appointment, simply pay your designated copay for services rendered

Questions? Call ASH Plans Member Services at:
1-800-678-9133
5 a.m. to 6 p.m., Monday – Friday

 **American Specialty Health**
Plans of California