Accessing Your Chiropractic Benefits

As a VEBA member, you get chiropractic benefits (and acupuncture benefits if your district offers it) through American Specialty Health Plans of California, Inc. (ASH Plans) as long as you receive care from participating ASH Plans practitioners. Your benefits include:

- Unlimited visits, as long as medically necessary
- Radiological X-rays as authorized
- $50 annual chiropractic appliance benefit

Only ASH Plans chiropractors are eligible for reimbursement under the plan. That’s why it’s important to verify that your chiropractor still participates with ASH Plans, before you receive services. Here’s what to do:

1. To find a contracted ASH Plans practitioner near you:
   - Go to the ASH Plans online practitioner 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 list of the closest practitioner near your home or work address.

2. Call the practitioner directly to schedule an appointment.

3. At the time of your appointment, your practitioner will verify your eligibility using your ASH Plans ID Card. Then, simply pay your designated co-pay for services rendered. If you have misplaced your ID card or don’t have an ID card, you can still access services. Just tell your practitioner you are covered under VEBA, and he or she can verify benefits with ASH Plans.

IMPORTANT: If you are having trouble reading this document and have language needs other than English, we can have somebody help you. You may call 1-800-678-9133 Monday through Friday, 5 a.m. to 6 p.m. Pacific Time. There is no fee for this service. Because this document may require action by you, you are encouraged to call as soon as possible.