



# Natural Healing

## EmblemHealth Offers Acupuncture

We take a holistic approach to health. That's why we've added an acupuncture benefit to your plan.

Acupuncture can help the body heal naturally. It can be added to treatment you are already following. Or, it can be used in place of treatment for pain related to many types of conditions.

Acupuncture is inserting needles, or applying heat or electrical stimulation, to specific parts of the body to help the healing process.

We've partnered with American Specialty Health, (ASH) to bring this new benefit to you.

If you have questions, call the EmblemHealth Customer Service number on the back of your member ID card. A Customer Service representative will be happy to help. They can confirm your coverage, including your copay, and yearly number of visits.

### If your plan offers the acupuncture benefit:

- Find the acupuncturist closest to where you live or work. Visit [emblemhealth.com/acupuncture](http://emblemhealth.com/acupuncture), or call ASH Customer Service at **800-678-9133 (TTY: 711)**. Their hours are 7 am to 9 pm, Monday to Friday.
- Call the acupuncturist directly to schedule your appointment.
- Be sure to bring your EmblemHealth ID card with you to the appointment.
- Pay your copay at the end of your session.

### If your plan does not offer the acupuncture benefit:

- You can still save up to 25 percent on this benefit.
- Call ASH at **877-327-2746 (TTY: 711)**. Their hours are 7 am to 9 pm, Monday to Friday.
- When you call, provide your member ID number, and they'll help you find discounts and an acupuncturist. See the Wellness Program provisions of your contract or Certificate of Coverage for more information.

**Note:** The acupuncture benefit(s) cannot be combined with the acupuncture discount program.

**We're committed to supporting you.**



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