



Plan Certificate



Complementary Care Rider



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An Independent Licensee of the Blue Cross and Blue Shield Association

HAWAII MEDICAL SERVICE ASSOCIATION

Complementary Care Rider

I. ELIGIBILITY

This Rider provides coverage that supplements the coverage provided under the HMSA's medical plan. Your coverage under this Rider starts and ends on the same dates as your medical plan coverage.

For eligibility, benefit, or claim questions, call ASH Group's Customer Service at 1-800-678-9133 Monday through Friday between the hours of 3 a.m. and 6 p.m., and Saturday, between 10 a.m. to 6 p.m. Hawaii Standard Time. Hours adjusted during Daylight Savings Time: Monday through Friday 2 a.m. to 5 p.m. and Saturday 9 a.m. to 5 p.m. Hawaii Standard Time.

II. PROVISIONS OF THE MEDICAL PLAN APPLICABLE

All definitions, provisions, limitations, exclusions, and conditions of HMSA's Guide to Benefits shall apply to this Rider, except as specifically modified in this Rider.

III. DEFINITIONS

When used in this Rider:

(1) **"ASH Group"** means American Specialty Health Group, Inc. which has been contracted by HMSA to administer the benefits under this Rider.

(2) **"Acupuncture Services"** are services provided or made available to a Member by a Provider for the treatment or diagnosis of Musculoskeletal and Related Disorders, Nausea and Pain. Acupuncture is the stimulation of a certain point on or near the surface of the body by the insertion and removal of single-use, sterilized, disposable needles and/or electrical stimulation (electro-Acupuncture) to normalize physiological functions, to prevent or modify the perception of Pain, or to treat Musculoskeletal and Related Disorders, Nausea, or conditions that include Pain as a primary symptom. In addition, it may include such services as adjunctive physiotherapy modalities and procedures provided during the same Course of Treatment and in support of Acupuncture Services.

(3) **"Continuity of Care"** means that if you are in the course of treatment with a Participating Provider, should that provider end his or her participation in this plan, you may continue seeing that provider and receive participating benefits for a period of time until your documented treatment plan is concluded or you may be safely transferred to another Participating Provider. At such time, if you choose to continue receiving covered services from the provider, participating coverage is available only when the provider agrees to abide by the ASH Group requirements and fee schedule.

(4) **"Course of Treatment"** means a sequence or series of office visits directly related to a diagnosed disease state, illness, or injury and provided in conjunction with a defined clinical outcome.

(5) **"Established Patient"** means someone who has received professional services from the provider, or another provider of the same specialty who belongs to the same group practice, within the past three years.

(6) **"Therapeutic Massage Services"** are services provided by a Provider for treatment of Myofascial/Musculoskeletal Disorders, Musculoskeletal Functional Disorders, Pain Syndromes, and/or lymphedema through physical actions, primarily by hand, performed on the body. This may include techniques such as compression, stroking, joint movement, friction, vibration, and percussion.

(7) **"Member Payments"** means charges (such as copayments) that are the direct financial responsibility of the Member and are payable directly to the provider for the provision of certain Covered Services as set forth in Section IV. Schedule of Benefits of this Rider. Member Payments may be collected by a provider (Participating or Nonparticipating) at the time services are provided or subsequently billed to the Member.

(8) **"Musculoskeletal and Related Disorders"** means conditions with signs and symptoms related to the nervous, muscular, and/or skeletal systems. Musculoskeletal and Related

Disorders are conditions typically categorized as: structural, degenerative, or inflammatory disorders; or biomechanical dysfunction of the joints of the body and/or related components of the muscle or skeletal systems (muscles, tendons, fascia, nerves, ligaments/capsules, discs, and synovial structures) and related manifestations or conditions. Musculoskeletal and Related Disorders include Myofascial/Musculoskeletal Disorders, Musculoskeletal Functional Disorders, and subluxation.

Note: For Acupuncture Services, Musculoskeletal and Related Disorders means conditions with signs and symptoms related to the nervous, muscular, and/or skeletal systems. Musculoskeletal and Related Disorders are conditions typically categorized as: structural, degenerative, or inflammatory disorders; or biomechanical dysfunction of the joints of the body and/or related components of the muscle or skeletal systems (muscles, tendons, fascia, nerves, ligaments/capsules, discs, and synovial structures) and related manifestations or conditions. Musculoskeletal and Related Disorders include Myofascial Disorders.

(9) **"Musculoskeletal Functional Disorders"** means disorders that are abnormal functions and/or activities-of-daily-living limitations of the body resulting from muscle stiffness, muscle restriction, and/or range of motion limitations.

(10) **"Myofascial Disorders"** means conditions with associated signs and symptoms related to the muscular and surrounding connective tissues. Myofascial Disorders are conditions typically categorized as structural, spasms, or inflammatory disorders or dysfunction of the muscles of the body.

(11) **"Myofascial/Musculoskeletal Disorders"** means conditions with signs and symptoms that relate to the muscular and related systems. Myofascial/Musculoskeletal Disorders are conditions that are typically categorized as structural, spasms, or inflammatory disorders or dysfunction of the muscles of the body, and/or related components of the motor unit (muscles, tendons, fascia, ligaments/capsules, discs, and synovial structures), and related manifestations or conditions.

(12) **"Nausea"** means an unpleasant sensation in the abdominal region associated with the desire to vomit that may be appropriately treated by a Provider of Acupuncture Services in accordance with professionally recognized, valid, evidence-based standards of practice and includes adult post-operative nausea and vomiting, chemotherapy nausea and vomiting, and nausea of pregnancy.

(13) **"New Patient"** means that a patient has not received any professional services from the provider, or another provider of the same specialty who belongs to the same group practice, within the past three years.

(14) **"Nonparticipating Provider"** means a provider who has not entered into an agreement with ASH Group to provide Covered Services to Members.

(15) **"Pain"** means the sensation of hurting or strong discomfort in some part of the body caused by an injury, illness, disease, functional disorder, or condition that may be appropriately treated in accordance with professionally recognized, valid, evidence-based standards of practice.

(16) **"Pain Syndrome"** means acute or chronic Musculoskeletal and Related Disorders including Myofascial/Musculoskeletal Disorder, or Musculoskeletal Functional Disorder, in which the primary symptom consists of sensations of hurting or strong discomfort in some part of the body caused by an injury, illness, disease, or functional disorder.

Note: For Therapeutic Massage Services, Pain Syndrome means an acute or chronic Myofascial/Musculoskeletal Disorder or Musculoskeletal Functional Disorder in which the primary symptom consists of sensations of hurting or strong discomfort in some part of the body caused by an injury, illness, disease, functional disorder, or condition that may be appropriately treated by a Provider of Therapeutic Massage.

(17) **"Participating Provider"** means a provider who has entered into an agreement with ASH Group to provide Covered Services to Members. Providers who are employees, independent contractors or owners of Professional Corporations or Group

Practices who have not been accepted and credentialed to participate in ASH Group are not considered to be Participating Providers. A directory of participating providers is available at hmsa.com.

(18) **"Provider of Acupuncture Services"** means a provider who is duly licensed to practice acupuncture in the state or jurisdiction in which Acupuncture Services are provided.

(19) **"Provider of Therapeutic Massage Services"** means a provider who is duly licensed and/or certified to practice therapeutic massage in the state or jurisdiction in which Therapeutic Massage Services are provided.

IV. SCHEDULE OF BENEFITS

(1) **Copayments**

(a) **Participating Providers**

1. \$20 per visit.

(b) **Nonparticipating Providers**

1. Not covered.

(2) **Benefit Maximum**

(a) **Participating Providers**

1. No more than 12* visits per calendar year.

(b) **Nonparticipating Providers**

1. Not covered.

Note: Eligibility for benefits for more than five visits per calendar year from a participating provider requires approval. See Section VIII of this Rider for details.

Calculation of Annual Benefit Maximum: *The total number of visits aggregates from all covered service categories (acupuncture and/or therapeutic massage).

(3) **Acupuncture Services.** Acupuncture is provided at each office visit. Exam Services (Evaluation and Management) and/or Adjunctive Therapeutic Procedures and/or Modalities such as acupressure and moxibustion are covered when provided in conjunction with the Acupuncture treatment during the office visit. Each office visit/Acupuncture treatment with a Provider of Acupuncture Services will count as one visit toward the Benefit Maximum.

(4) **Therapeutic Massage Services.** Therapeutic massage is provided at each office visit. No other services are covered. Each office visit/Therapeutic Massage treatment with a Provider of Therapeutic Massage Services will count as one visit toward the Benefit Maximum.

V. COVERED SERVICES

(1) **ACUPUNCTURE COVERED SERVICES**

(a) **A New Patient exam or an Established Patient exam for the initial evaluation** of a patient with a new condition or new episode to determine the appropriateness of Acupuncture Services.

(b) **Established patient exams as needed to assess the need to initiate, continue, extend, or change a Course of Treatment.** A reevaluation may be performed during a subsequent office visit or separately. If performed separately, additional coinsurance applies.

(c) **Follow-up office visits** include the provision of Acupuncture Services and/or reevaluation.

(d) **Adjunctive Therapies or Modalities** such as acupressure, moxibustion, or breathing techniques are covered only when provided during the same Course of Treatment and in support of Acupuncture Services. However, the following exception applies for the application of acupressure if: 1) a Participating Provider of Acupuncture Services recommends Acupuncture Services for a Member as a Covered Service but cannot do so in accordance with professionally recognized, valid, evidence-based standards of practice because the insertion of needles is contraindicated (e.g., for a patient with a bleeding disorder); and 2) professionally recognized, valid, evidence-based standards of practice indicate that acupressure would be effective in the treatment of the Member, then Acupuncture Services will include acupressure in that circumstance even if Acupuncture Services are not provided to the Member at the same time and the Member is entitled to receive other Adjunctive Therapies or Modalities in conjunction with the provision of acupressure in that circumstance

to the same extent as would be the case if the Member were receiving Acupuncture Services.

(2) **THERAPEUTIC MASSAGE COVERED SERVICES**

(a) **A New Patient exam or an Established Patient exam as needed for the initial evaluation** of a patient with a new condition or new episode to determine the appropriateness of Therapeutic Massage Services.

(b) **An Established Patient exam** when needed to assess the need to initiate, continue, extend, or change a Course of Treatment. The Established Patient exam is only covered when used to determine the appropriateness of Therapeutic Massage Services.

(c) **Therapeutic Massage Sessions** that include the application of therapeutic massage techniques to the musculoskeletal soft tissue in various combinations. Therapeutic Massage Sessions must include the provision of application of therapeutic massage techniques to the musculoskeletal soft tissue.

Members receiving treatment who are under the age of 18 require parental participation.

VI. LIMITATIONS AND EXCLUSIONS

(1) **GENERAL EXCLUSIONS**

(a) Chiropractic Services.

(b) BlueCard program.

(c) Services provided in excess of any Benefit Maximum.

(d) Any service or supply that is not permitted by state law with respect to the practitioner's scope of practice.

(e) Any services provided for elective or maintenance care (e.g., services provided to a Member whose treatment records indicate he or she has reached maximum therapeutic benefit).

(f) Hospitalization, surgical procedures, anesthesia, manipulation under anesthesia, proctology, colonic irrigation, injections and injection services, or other related services.

(g) Hypnotherapy, behavior training, sleep therapy, and weight problems.

(h) Thermography, magnets used for diagnostic or therapeutic use, ion cord devices, manipulation or adjustments of the joints, physical therapy services, iridology, hormone replacements products, acupuncture point or trigger-point injections (including injectable substances), laser/laser biostimulation, colorpuncture, NAET diagnosis and/or treatment, and direct moxibustion.

(i) Education programs, non-medical lifestyle or self-help, or self-help physical training or any related diagnostic testing.

(j) Services or treatments for pre-employment physicals or vocational rehabilitation.

(k) Any services or treatments for conditions caused by or arising out of the course of employment or covered under Worker's Compensation or similar laws.

(l) Air conditioners /purifiers, therapeutic mattresses, supplies, or any other similar devices or appliances.

(m) Auxiliary aids and services, including but not limited to, interpreters, transcription services, written materials, telecommunications devices, telephone handset amplifiers, television decoders, and telephones compatible with hearing aids.

(n) Any services provided by a person who is a Family Member. Family Member means a person who is related to the covered person in any of the following ways: spouse, domestic partner, brother-in-law, sister-in-law, son-in-law, daughter-in-law, mother-in-law, father-in-law, parent (including stepparent), brother or sister (including stepbrother or stepsister), or child (including legally adopted, step, or foster child). A Family Member also includes individuals who normally live in the covered person's household.

(o) Dietary and nutritional supplements, including vitamins, minerals, herbs, herbals and herbal products, injectable supplements and injection services, or other similar products.

(p) Transportation costs, including local ambulance charges.

(2) **ACUPUNCTURE EXCLUSIONS**

(a) Services, exams (other than the initial examination to determine the appropriateness of Acupuncture Services), and/or treatments for the conditions other than Musculoskeletal and Related Disorders, Nausea, Pain or Pain Syndromes.

(b) Services, examinations, and/or treatments for asthma or addiction, such as nicotine addiction.

(c) Radiological x-rays (plain film studies), magnetic resonance imaging, CAT scans, bone scans, nuclear radiology, diagnostic radiology, and laboratory services.

(d) Adjunctive therapy not associated with Acupuncture.

(e) Acupuncture performed with reusable needles.

(f) Cupping.

(3) THERAPEUTIC MASSAGE EXCLUSIONS

(a) Services or treatments for conditions other than Myofascial/Musculoskeletal Disorders, Musculoskeletal Functional Disorders, Pain Syndrome, or lymphedema.

(b) Therapeutic Massage Services provided by a Provider of Therapeutic Massage Services that are not delivered in accordance with the therapeutic massage benefit plan, including, but not limited to, Therapeutic Massage Services provided directly in conjunction with Acupuncture Services.

(c) Adjunctive therapy whether or not associated with Therapeutic Massage Services.

VII. FILING CLAIMS

(1) For services you receive from a provider who does not file claims for you, follow these steps to receive reimbursement for Covered Services:

(a) Complete a separate claim form for each provider of service.

(b) Provide all of the following information on the claim form (your treating provider can help you get this information):

1. Itemized date(s) of service.

2. Diagnosis code.

3. Procedure code.

4. Billed charge per service.

5. Provider's name and credentials.

6. Provider's full address.

7. Provider's tax ID, employer identification number or Social Security number.

8. National Provider Identifier (NPI) number.

(c) Attach the itemized bill from the provider of service with a claim form.

(d) Send the claim form and bill to:

American Specialty Health Group, Inc.

P.O. Box 509077

San Diego, CA 92150

VIII. UTILIZATION REVIEW

(1) For Covered Services you receive from a Participating Provider, utilization review requirements are the responsibility of your provider, not you. For therapeutic massage services, a review of medical records after the fifth visit per calendar year is required.

(2) ASH Group will respond within one week of receipt of the completed form. Notification of the clinical decision will be mailed or faxed directly to the provider and will include the name and phone contact information of the peer-clinician who rendered the decision. Services provided during the review period will be reimbursed if they are approved by ASH Group.

IX. EXPLANATION OF BENEFITS (EOB)

ASH Group notifies you of any financial responsibilities you have (other than Copayments) in a document called the Explanation of Benefits (EOB). The EOB is not a bill, but rather, communicates important information about services you receive including the total amount charged, the allowed amount, the amount covered by ASH Group, and the amount that you pay.

HAWAI'I MEDICAL SERVICE ASSOCIATION

The Active&Fit Enterprise™ Program Benefit Rider

This Rider provides coverage that supplements the coverage provided in HMSA's Guide to Benefits, which describes the benefits covered under your medical plan. Your coverage under this Rider starts and ends on the same dates as your medical plan coverage. All definitions, provisions, exclusions, and conditions of HMSA's Guide to Benefits shall apply to this Rider.

You are eligible to receive the following benefits:

The Active&Fit Enterprise Program – Covered

You and your covered dependents age 16 and older are eligible for the Active&Fit Enterprise program as described below. Talk to your doctor before you start or change your exercise routine.

- **Fitness Center Membership.** Annual membership at a participating Active&Fit Enterprise fitness center. To find a list of participating fitness centers, visit the Active&Fit Enterprise website or contact the Active&Fit Enterprise program via the number listed on the last page of this Rider. You may request to change Standard fitness centers once a month. You may enroll in multiple Premium fitness locations, each with a monthly fee. Monthly fees may apply, depending on the fitness center you choose. You have access to a wide range of locations and services based on your budget and workout needs. **Please note:** Fitness center participation may vary by location and is subject to change. You are responsible for paying any fees associated with upgrading your fitness center membership, or for using any non-standard services or amenities that require separate, non-standard fees; and
- **Home Fitness Kit.** Choose one Home Fitness Kit each calendar year from options that include a wearable fitness tracker or exercise equipment. Members can go to the Home Fitness Kits page on the Active&Fit Enterprise website to explore the selection of available kits. Follow the instructions on the Active&Fit Enterprise website to receive your promotional code. Once you have redeemed the code online through a third-party vendor website, your kit will be mailed directly to you. Once selected, kits cannot be exchanged. Shipping times for these kits may vary. Kits are subject to change. Contact the Active&Fit Enterprise program for assistance with selecting your kit. Contact information can be found on the last page of this Rider.
 - Choose one of the following kits:
 1. Fitbit® Wearable Fitness Tracker Kit
 2. Garmin® Wearable Fitness Tracker Kit
 3. Pilates Kit
 4. Beginner Strength Kit
 5. Intermediate Strength Kit
 6. Advanced Strength Kit
 7. Beginner Swim Kit
 8. Advanced Swim Kit
 9. Beginner Yoga Kit
 10. Intermediate/Advanced Yoga Kit
 11. Walking/Trekking Kit

For ages 18 and older, the following are also available at www.ActiveandFit.com:

- The Active&Fit Connected!™ tool for tracking activity on wearable fitness trackers and mobile apps. **Please note:** You are responsible for the cost of purchasing additional apps or wearable fitness devices. Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. to receive information about your tracked activity.

- An online newsletter 4 times a year.
- A variety of on-demand workout videos on the Active&Fit Enterprise website and workouts on YouTube and Facebook, and Workout Plans to help you start an exercise routine.

Your Payment Obligations Annual Deductible

- Your annual deductible does not apply to the Active&Fit Enterprise Fitness Center Membership or Home Fitness Kit.

Member Fees

- **Fitness Center Membership.** \$75 Annual Member Fee. Enroll with and pay your Annual Member Fee directly online at www.ActiveandFit.com or call the Active&Fit Enterprise program at the number listed on the last page of this Rider.
- **Premium Fitness Choices.** We have expanded our Active&Fit Enterprise program in Hawaii to include additional options, like full-service fitness centers, studios, and unique fitness experiences. Buy-up fees vary at a monthly fee of \$30 – \$200, depending on the chosen fitness location. Your credit card will be charged monthly based on your choice. Log in to www.ActiveandFit.com to see the options in your area.
- **Home Fitness Kit.** \$10 Annual Member Fee. Pay your Annual Member Fee directly online at www.ActiveandFit.com or call Active&Fit Enterprise Customer Service and select your kit.

Please note: the following applies to the Annual Member Fee:

- The Annual Member Fee cannot be refunded.
- The Annual Member Fee is required each calendar year renewal.
- The Annual Member Fee is required for participation in the Standard and/or Premium network.

Annual Copayment Maximum

- Annual member fees for the Fitness Center or Home Fitness program do not apply toward meeting the Annual Copayment Maximum.

Services Not Covered

The following services are not covered:

- Services or supplies provided by any person, company, or provider other than a participating Active&Fit Enterprise fitness center.
- All education materials other than those produced for the Active&Fit Enterprise program by American Specialty Health Incorporated.
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids; vision support devices.
- Program services or products for individuals other than the Active&Fit Enterprise member.
- All listening devices including, but not limited to, audiotape and CD players.
- Services for members with serious medical conditions for which Active&Fit Enterprise services are not appropriate.
- Fitness devices and applications that require a fee are not reimbursed by the Active&Fit Enterprise program.
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it is recommended, prescribed or supplied by a health care provider, fitness center, or program.

Definition

Calendar year means the period beginning on January 1 and ending on December 31 of any year.

Contact Information

The Active&Fit Enterprise Program

Phone: 1-888-354-4934, Monday through Friday, 8 a.m. to 5 p.m.
Hawaii Time

Website: www.ActiveandFit.com

The Active&Fit Enterprise program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Enterprise and Active&Fit Connected! are trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners.

Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to hmsa.com/contact before your visit.

HMSA Center in Honolulu

818 Keeaumoku St.

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Office - Lihue, Kauai

4366 Kukui Grove St., Suite 103

Monday–Friday, 8 a.m.–4 p.m.

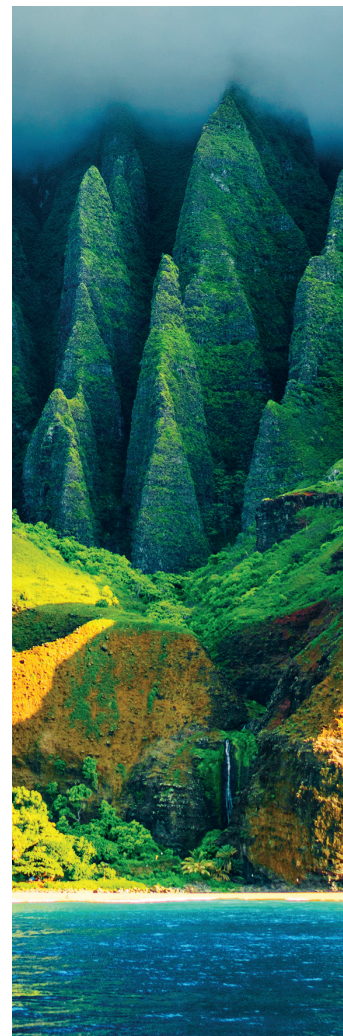
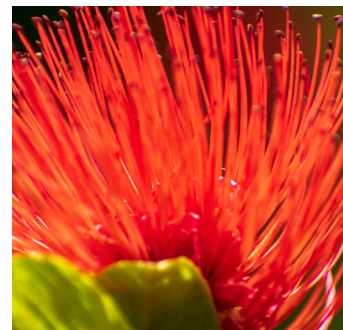
Contact HMSA. We're here with you.

Call (808) 948-6111 or 1 (800) 776-4672.

hmsa.com



@hmsahawaii



Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

