

Coverage for acupuncture



Find out when and how acupuncture is covered by your health plan.

What is acupuncture?

Acupuncture is a health practice that involves inserting fine needles through the skin to stimulate points in the body and ease symptoms. Studies suggest that acupuncture may help ease chronic pain and several other conditions and is a reasonable option for people with chronic pain to consider.¹

How does your health plan cover acupuncture?

Subject to your benefits, Independence Blue Cross members are covered the following conditions:²

- Headache (migraine, tension)
- Post-operative and chemotherapy-induced nausea, vomiting
- Nausea from pregnancy
- Low back pain
- Pain from osteoarthritis of the knee/hip
- Chronic neck pain

Acupuncture for these conditions is available without precertification. You will pay your specialist cost-sharing.

HMO, POS, and DPOS members: You will need a referral from your PCP for acupuncture.

Learn more about your acupuncture benefits.

Call Customer Service at the number on the back of your member ID card.

Is acupuncture right for me?

To see if acupuncture is a good option for you:

- **Talk with your doctor.** Acupuncture should only be used to complement your doctor's care, not replace it. Your doctor can help you decide if acupuncture is right for your symptoms.
- **Check covered conditions.** Review Medical Policy #12.00.01h at ibx.com/medpolicy for a list of conditions that acupuncture is covered for.
- **Find the right practitioner.** Ask your doctor for a recommendation, or visit ibx.com/findadoctor. Use as much care as you would in choosing any health care professional.

¹ National Center for Complementary and Integrative Health. Acupuncture: What You Need to Know, nccih.nih.gov. Accessed on June 29, 2023.

² For PPO members, the 18 acupuncture visits are combined in- and out-of-network.

Acupuncture is covered for limited conditions. For details on covered conditions, please review the medical policy listed above, at ibx.com/medpolicy.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence 

IBX