


Your benefits include alternative care. Here's how to use them.



POWERED BY
Collective Health

As a member, your plan covers acupuncture, chiropractic care, and massage therapy. Whether you prefer in-person or virtual visits, these treatments can help you manage pain, reduce stress, and feel more comfortable every day.

 Acupuncture	 Chiropractic Care	 Massage Therapy
<p>Best for:</p> <ul style="list-style-type: none">• Whole-body relief without surgery or medication• Managing chronic pain, stress, or headaches• A gentler, non-hands-on option	<p>Best for:</p> <ul style="list-style-type: none">• Back, neck, or joint pain• Stiffness or limited range of motion• Posture or nerve-related discomfort	<p>Best for:</p> <ul style="list-style-type: none">• Muscle soreness, tightness, or tension• Stress or anxiety relief• Recovery from minor injuries or overuse
<p>How it works:</p> <p>Thin needles are gently placed at specific points on your body to ease pain and reduce stress. You'll talk with your acupuncturist about how you're feeling, relax while the needles do their work, then leave feeling calmer and more balanced.</p>	<p>How it works:</p> <p>Chiropractors use hands-on adjustments to realign your spine and joints, so you can move with less pain. You'll get a quick movement check, then targeted adjustments to improve how you feel and function.</p>	<p>How it works:</p> <p>Therapeutic massage uses pressure, kneading, and stretching to loosen tight muscles and reduce stress. Your therapist focuses on the areas that need the most attention, so you leave with a feeling of relaxation and renewal.</p>

Important note: These services come with costs. Your plan determines how much you pay and how many visits are covered. Check your benefit details before your first appointment.

Search for a covered provider near you

Use the My Collective® provider search online at: [ProvidenceHealthPlan-PEBB.CollectiveHealth.com](https://www.ProvidenceHealthPlan-PEBB.CollectiveHealth.com)