

## ACUPUNCTURE IN THE COMMUNITY

Your plan may cover acupuncture outside of Kaiser Permanente. Kaiser Foundation Health Plan, Inc. (Health Plan) contracts with American Specialty Health Plans of California, Inc. (ASH Plans) to make the ASH Plans network of Participating Acupuncturists available to you. All providers contracted with ASH have been credentialed. You can obtain covered Services from any Participating Acupuncturist without a referral from a Plan Physician. Cost Sharing is due when you receive covered Services. Check with member services if your health insurance plan has this benefit.

For Kaiser Permanente members who do not have this benefit included in their health insurance plan, you can search ChooseHealthy (a separate program administered by ASH) to find acupuncturists who offer a 25% cash discount to members. Sign into kp.org with your User ID and Password:

- 1) Click on the Health & Wellness tab
- 2) Under *Programs & classes*, click on "Complementary care discounts," and click on the ChooseHealthy link
- 3) Follow instructions to locate a practitioner nearest to you

You may also call 1-877-335-2746 to speak with a representative of American Specialty Health Networks, Inc. (ASH) for further information.

## DISCOUNTED AND LOWER COST ACUPUNCTURE

Below is a list of acupuncturists providing services at a discount or lower cost (some of those listed may not be on ChooseHealthy). Note that the names and information on this list is subject to change without notice. This list is not a referral, but a database list of practitioners.

### **Santa Rosa**

Stephanie Albert, LAc, Flourish Integrative Health and Acupuncture, 431 Humboldt St, Suite A, 707-205-1224

Scott Conley, LAc, Four Seasons Herbs & Acupuncture, 516 Sebastopol Ave, 707-523-3517

Xiao Mei Deng, LAc, Forestream Acupuncture & Herbs, 901 7<sup>th</sup> St, 707-815-7033

David Field, LAc, ND, 46 Doctors Park Dr, 707-576-7388

Viola Huang-Beck, LAc, 3637 Montgomery Dr, 707-360-8176

Michael Johnston, LAc, 1144 Sonoma Ave, #105, 707-978-6465

Russell Koester, LAc, Flourish Integrative Health and Acupuncture, 431 Humboldt St, Suite A, 707-861-0488

Leah Martino, LAc, OMD, Leah Martino Acupuncture, 801 Donahue St, 707-217-8293, \$75 1st visit, \$60 return, Tuesdays only

Christina Ness-Hawks, LAc, Thrive Acupuncture and Wellness, 3412 Mendocino Ave, 707-527-0868, \$100/session, \$83 for 6 prepaid sessions.

Erin Prucha, LAc, 2460 W 3rd St., Suite 240, 707-888-4940, 20% KP discount

Diane Silva, LAc, Four Seasons Herbs & Acupuncture, LAc, 516 Sebastopol Ave, 707-523-3517, 25% KP discount, Healthy Choice \$112 first visit, \$85 return

Vladislava Starkov, LAc, Flourish Integrative Health and Acupuncture, 431 Humboldt St, Suite A, 707-205-1224

James Tang, LAc, 3637 Montgomery D, 707-546-1689

Shelly Werner, LAc, 1431 Town & Country Dr, Suite C, 707-544-0446, \$125 first visit, \$65 return

### **Healdsburg**

Lucinda Kotter, LAc, 451 March Ave, Suite A, 707-239-1687

Marlene Klein, LAc, 1310 Prentice Dr, Suite E, 707-431-2528, 25% discount

### **Petaluma**

Patricia Brown, LAc, 513 Petaluma Blvd S., 707-762-2240, and offers cash discount

Ona Goodrich, LAc, Seven 4th St, Suite 44, 707-483-2399, \$50

Joan Plastino, LAc, 720 Southpoint Blvd, Suite 211, 707-981-7015, \$50

Sydney Walker, LAc, 1580 E. Washington St, Suite #102, 707-217-5777, \$95 standard appointment, \$75 3/4 hr., \$50 1/2 hr. Also takes American Specialty Health (ASH)

### **Sebastopol**

Jan Rice, LAc, 130 S. Main St, Ste 203, 707-829-1092

Graham Lankford, LAc, 951 Gravenstein Ave, Suite 100, 707-634-4741, \$120 first visit, \$80 return

Ian McCullough, LAc, Sebastopol Family Acupuncture, 490 Pitt Ave, 707-823-4300, 25% KP discount

Ruth Schlesinger, LAc, Blossom Integrative Wellness, 105 Morris St, Suite 222, 707-835-4940, sliding scale discount

### **Mobile/Community acupuncture clinics**

Jeffrey Callinan Jr., LAc, Mobile Practice, 707-486-0540. First visit \$110, \$75 return for KP members

Richard Rosen, LAc, Mobile Practice, Forestville, 95436, 707-887-1165, \$50 cash

SantaRosaCommunityAcupuncture.com, 535 7th St, Santa Rosa, 707-546-7722, \$40-\$60 first visit, \$25-\$50 return

SebastopolCommunityAcupuncture.com, 876 Gravenstein Hwy S.#7, 707-823-2217, \$30-\$60

PetalumaCommunityAcupuncture.com, 21 Kentucky St, Petaluma, 94952, 707-778-8645, \$30-\$55 + \$15 first visit

CotatiCommunityAcupuncture.com, 707-242-6812, 315 E Cotati Ave, Suite E, Cotati, 94931

Asyrah'sGarden.com, 8967 Graton Road, Graton, 95444, 707-823-2866, low cost clinic \$45-\$60

TraditionalHealingArts.com, Drop-in clinic, 13460 S. Hwy 101, Hopland, 95449, 707-894-5313, community clinic \$25

There are wonderful acupuncturists in the community who do not work in low cost clinics. You may try these websites to find them:

- [www.csomaonline.org](http://www.csomaonline.org), click Find a Practitioner, search by location
- [www.acufinder.com](http://www.acufinder.com), Search for an Acupuncturist, by city, zip code, practitioner name or type of acupuncture.