



# Medicare Advantage

## Supplemental Benefit Programs

Differentiate your health plan by enhancing your benefit offerings.



# Improve Member Health While Reducing Costs

American Specialty Health (ASH) has more than 37 years of experience providing specialty health programs and is currently administering Medicare-required and supplemental benefits for more than 70 Medicare Advantage clinical and fitness clients. ASH is well-positioned to provide you with flexibility and cost-efficiency in choosing the supplemental benefits you wish to offer your Medicare Advantage members. The value of enhancing your benefits includes market differentiation, member health improvement, reduced claims or medical costs, and member satisfaction.

## ASH Menu of Medicare Advantage Supplemental Benefit Programs



**Chiropractic**



**Acupuncture**



**Therapeutic Massage**



**Naturopathy**



**Silver&Fit®  
Program**



**Routine  
Foot Care**



**Dietetics  
& Nutrition**



**ASHCare™ Fall Prevention  
& Home Safety  
Assessment Program**

# Products and Services

Our supplemental benefit programs provide Medicare Advantage plans with ASH's turn-key benefits administration solution. The programs offer Medicare Advantage product differentiation and improved member health at an affordable price. ASH offers a wide variety of CMS-required and supplemental benefits to support your members, including routine foot care, fall prevention and home safety assessment program, healthy aging and exercise program, acupuncture, chiropractic, physical and occupational therapy, therapeutic massage, naturopathy, and dietetics and nutrition.



## Chiropractic

The CMS-required benefit is limited to coverage for spinal manipulation to treat spinal subluxation. The supplemental benefit offers the full ASH scope of services for musculoskeletal (MSK) spine and extremity conditions. Services include:

- Evaluation and management
- X-ray examination
- Chiropractic manipulative therapy
- Modalities and therapeutic procedures
- Physical rehabilitation



## Naturopathy

This service is not a CMS-required benefit. The supplemental benefit offers the full ASH scope of services for MSK and myofascial covered conditions. Services include:

- Evaluation and management
- Physical medicine services
- Consultative services
- Modalities and therapeutic procedures
- Rehabilitative services



## Acupuncture

The CMS-required benefit is limited to coverage for acupuncture by ACAOM providers to treat non-specific chronic low-back pain. The supplemental benefit offers the full ASH scope of services for MSK, pain, and nausea conditions. Services include:

- Evaluation and management
- Acupuncture and acupressure
- Modalities and therapeutic procedures for treatment of pain syndromes, MSK conditions, and nausea.



## Therapeutic Massage

This service is not a CMS-required benefit. The supplemental benefit offers the full ASH scope of services for MSK and myofascial conditions. Services include:

- Therapeutic massage assessment
- Therapeutic massage
- Deep tissue therapy
- Myofascial therapy



## Silver&Fit Healthy Aging and Exercise Program

This service is not a CMS-required benefit. The Silver&Fit program empowers older adults to get fit and stay social with a wide variety of fitness options, digital tools, and well-being resources designed to meet their unique needs. Services include:

- 25,000+ fitness membership choices
- Virtual Personal Fitness Training, 15,000+ on-demand workouts, and more
- The Well-Being Club and Healthy Aging Coaching



## Routine Foot Care

ASH does not administer the CMS-required podiatric benefit. ASH will administer the supplemental routine footcare for nail and skin health management.

Services include:

- Removal of corns and calluses
- Nail care services
- Preventive maintenance



## Dietetics & Nutrition

The CMS-required benefit is limited to MD referral for individuals with diabetes, chronic renal failure, or kidney transplant. The supplemental benefit provides coverage for dietetic assessment and medical nutrition therapy for conditions and services not covered by CMS.

- Additional hours beyond the 2 or 3 hours covered under the CMS-required benefit
- Well-being nutrition



## ASHCare Fall Prevention & Home Safety Assessment Program

The supplemental benefit offers a fall prevention and home safety assessment. Services include:

- A virtual functional assessment with a physical therapist
- A virtual home safety assessment to identify home safety hazards
- An action plan provided by the physical therapist to address risk factors for falling
- An Ankle Weight Kit may be provided to support members in their fall prevention exercise program.\*
- An over-the-counter marketplace for relevant home and safety products



## About American Specialty Health

American Specialty Health Incorporated (ASH) is a technology-enabled musculoskeletal (MSK) benefits management leader, serving more than 540 health plans nationwide.

For over 37 years, ASH has been a pioneer in MSK provider networks products and services. Our programs ensure appropriate levels of utilization of clinical services, and impact the quality and cost of services provided. ASH and its subsidiaries serve more than 60 million members nationally.

## CONTACT US TODAY

Differentiate your health plan by enhancing your benefit offerings.

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*\*The Ankle Weight Kit is not included and is optional for health plans at an added cost.*

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