



 American Specialty Health.®

MEDICARE ADVANTAGE SUPPLEMENTAL BENEFIT PROGRAMS

Differentiate your health plan by enhancing your benefit offerings.

IMPROVE MEMBER HEALTH WHILE REDUCING COSTS

With more than 30 years of experience providing specialty health programs, and currently administering Medicare-required and supplemental benefits for more than 40 Medicare Advantage 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



Older Adult Lifestyle Coaching



Routine Foot Care

— NEW! —



Dietetics & Nutrition

— NEW! —



Fall Prevention & Physical Activity Program

— NEW! —



PRODUCTS & SERVICES

Our supplemental benefit programs provide Medicare Advantage plans with ASH's turn-key benefits management 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 physical activity program, coaching for healthy aging, 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 full ASH scope of services for MSK spine and extremity conditions with clinic-based and telehealth options.

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 full ASH scope of services for MSK and myofascial covered conditions with clinic-based and telehealth options. 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 full ASH scope of services for MSK, pain, and nausea conditions with clinic-based and telehealth options.

Services include:

- Evaluation and management
- Acupuncture and acupressure
- Modalities and therapeutic procedures



THERAPEUTIC MASSAGE

This service is not a CMS-required benefit.

The supplemental benefit offers full ASH scope of services for MSK and myofascial conditions. Clinic-based services include:

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



OLDER ADULT LIFESTYLE COACHING

This service is not a CMS-required benefit.

The supplemental benefit offers personalized telephonic coaching to support older adult self-care health improvement including stress management, combating ageism, skill building to avoid social isolation, aging in place, exercise, and weight management. Services include:

- CBT participant experience
- Telehealth engagement options
- Accessible WCAG compliant website resources



— NEW! —

ROUTINE FOOT CARE

The CMS-required podiatric benefit is limited to coverage for medical and surgical treatment of foot conditions.

The supplemental benefit offers routine foot care for nail and skin health management with clinic-based and telehealth options. Services include:

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



— NEW! —

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 with clinic-based and telehealth options. Services include:

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



— NEW! —

FALL PREVENTION & PHYSICAL ACTIVITY PROGRAM

The CMS-required benefit is limited to musculoskeletal and other conditions/injuries requiring physical rehabilitation, or habilitative care.

The supplemental benefit offers a fall prevention and physical activity program. Clinic- and home-based, and telehealth services include:

- A visit with a credentialed physical therapist or occupational therapist
- Action plans that address fitness, mobility, fall risk, and injury prevention supported by follow-up coaching services
- Action plans to provide advice about pursuing medical or skilled therapy services as necessary

ABOUT AMERICAN SPECIALTY HEALTH

American Specialty Health Incorporated (ASH) is a technology-enabled musculoskeletal (MSK) benefits management leader, serving more than 150 health plans nationwide. For over 30 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 50 million members nationally.

CONTACT US TODAY

Discover how ASH can help your health plan stand out by offering better benefits and customer convenience.

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