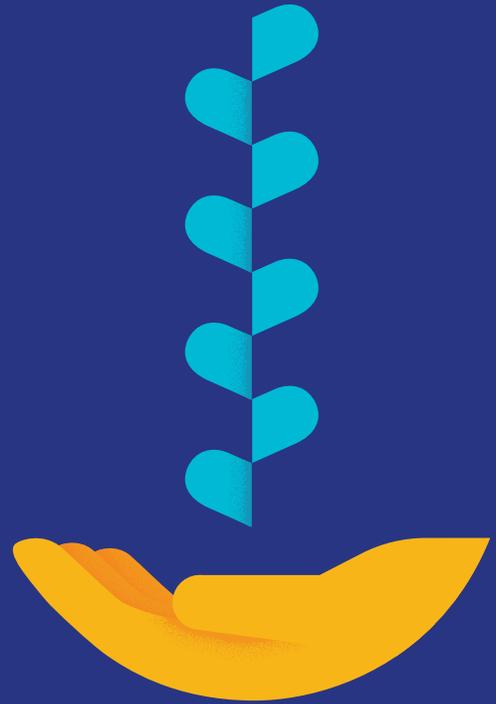




Get back to doing the things you love

If lower back pain — one of the most common sources of pain — is interfering with your life, chiropractic treatment may help ease pain and restore function



You've got a lot of providers to choose from

As part of your health plan benefits, you have direct access to more than 3,000 credentialed chiropractors servicing California.

You don't need a referral, there are no deductibles or claim forms to fill out, and your participating provider coordinates all services and billing directly with OptumHealth. Ready to get back to what you love?

Find a provider in 3 steps

- 1 Scan the QR code or visit myoptumhealthphysicalhealthofca.com/ProviderLocator.asp
- 2 Complete any combination of search criteria fields to find a provider in your area
- 3 Select **Submit** and scroll down to view your options



\$10 copay per visit
20 visits per year

Get more info

Call the number on the back of your health ID card and reference Optum Physical Health for more information.

If additional assistance is required, please call 1-800-428-6337.

United Healthcare

The information provided on included programs is for informational purposes only and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card.

Chiropractic services administered through Optum, a UnitedHealth Group company.

Health plan coverage provided by or through UnitedHealthcare Insurance Company, UHC of California and UnitedHealthcare Benefits Plan of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC).

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