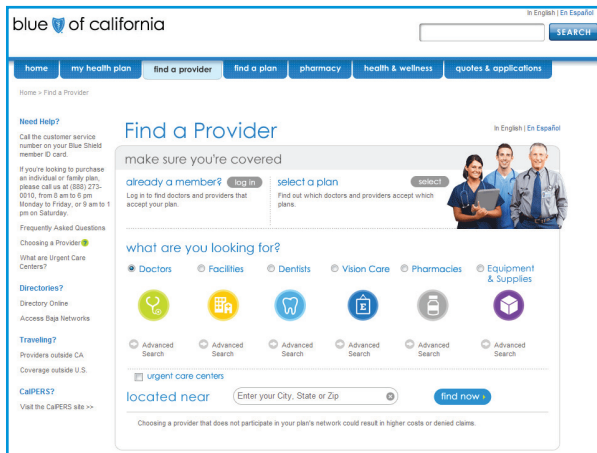


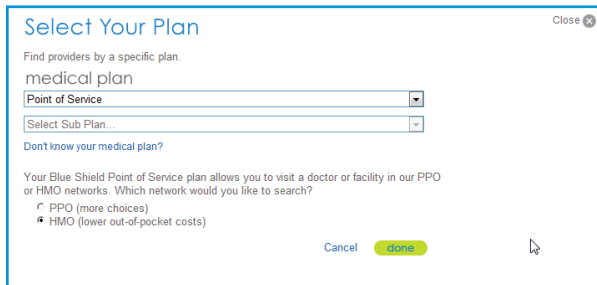
# Find a chiropractor or acupuncturist

As a Blue Shield of California plan member, you have access to popular alternative health care including acupuncture and chiropractic services. This guide shows you how easy it is to connect with the care you need.

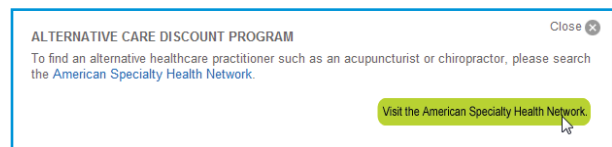
1. Go to **blueshieldca.com**.
2. Click on *Find a Provider*.



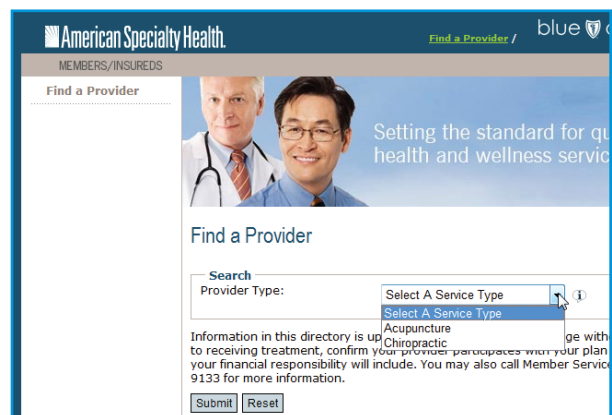
3. Click on *Select* next to "Select a plan" and choose "Point of Service" as the plan type. Choose "HMO (lower out-of-pocket costs)" and then click on *Done*.



4. Click on *Advanced Search* under *Doctors*.
5. Place cursor in the "Doctor type or specialty" field.
6. Choose "Acupuncture" or "Chiropractor" in the drop-down menu.
7. When the new Alternative Care Discount Program window opens, click on *Visit the American Specialty Health Network*.



8. Select a service type and search by preferences.



If you have any questions, please call the customer service number on your Blue Shield member ID card.