

## Acupressure

**Description** Acupressure (a blend of "acupuncture" and "pressure") is a complementary medicine technique derived from acupuncture. In acupressure, physical pressure is applied to acupuncture points by the hand, elbow, or with various devices.

- See also** Similar, related, or easily confused documents.
- [Acupuncture](#) – A traditional Chinese medical practice of the insertion of very thin needles through the skin at strategic points on the body.
  - [Percutaneous Neuromodulation Therapy \(PNT\) for the Treatment of Pain](#) – A form of electrical nerve stimulation that uses very thin needle electrodes inserted directly into the deep tissues in the area of the spine causing pain.
  - [Prolotherapy](#) – A procedure where an irritant solution is injected near ligaments and/or tendons to promote inflammation and production of collagen fibers, to improve ligament strength and to alleviate musculoskeletal pain.
  - [Trigger Point Dry Needling](#) – Trigger point dry needling is intended to treat a variety of pain conditions by inserting needles into the skin at identified pain locations.

- Table of Contents** The following topics are included in this document:
- [Commercial](#)
  - [Government Programs](#)
  - [Individual and Family Business \(IFB\)](#)

**Document history** The document history for the past 12 months is outlined below.

Date	Description
5.21.24	Refreshed for age.
5.16.24	Updated to new template.

Commercial

Introduction	This section applies to all Commercial brands: Dean Health Plan (DHP), Mayo Medical Plan (MMP), Medica (including MHPS), and Prevea360.						
Dean (DHP, Prevea360)	Not covered.						
Mayo Medical Plan (MMP)	<div>Refer to the table below.</div> <table><tr><th>Type</th><th>Description</th></tr><tr><td>Coverage</td><td><ul style="list-style-type: none"><li>Office visit benefits apply when performed by a physician or licensed Acupuncturist in a clinic setting. If performed in a facility, quote outpatient hospital benefits.</li><li>Chiropractic benefits apply when performed by a chiropractor in a clinic setting.</li><li>If used in the treatment of infertility, quote infertility benefits.</li><li>Check visit limits in Plan Documents and QRGs.</li><li><b>Exclusions:</b> Services strictly for cosmetic purposes are a contract exclusion.</li></ul></td></tr><tr><td>Providers</td><td><ul style="list-style-type: none"><li>Medica has a network of licensed acupuncturists. INN benefits will apply as long as the Physician, Chiropractor, or Licensed Acupuncturists are INN.</li><li><b>Note:</b> Acupuncturists are contracted individually, not by clinic.</li><li><b>QRG note:</b> Refer to the MHPS group’s individual QRGs for quirks.</li></ul></td></tr></table>	Type	Description	Coverage	<ul style="list-style-type: none"><li>Office visit benefits apply when performed by a physician or licensed Acupuncturist in a clinic setting. If performed in a facility, quote outpatient hospital benefits.</li><li>Chiropractic benefits apply when performed by a chiropractor in a clinic setting.</li><li>If used in the treatment of infertility, quote infertility benefits.</li><li>Check visit limits in Plan Documents and QRGs.</li><li><b>Exclusions:</b> Services strictly for cosmetic purposes are a contract exclusion.</li></ul>	Providers	<ul style="list-style-type: none"><li>Medica has a network of licensed acupuncturists. INN benefits will apply as long as the Physician, Chiropractor, or Licensed Acupuncturists are INN.</li><li><b>Note:</b> Acupuncturists are contracted individually, not by clinic.</li><li><b>QRG note:</b> Refer to the MHPS group’s individual QRGs for quirks.</li></ul>
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Medica (including MHPS)	<div>Covered based on place of service. Quote office visit or outpatient hospital benefits.</div> <div><ul style="list-style-type: none"><li><b>Limits:</b> Verify visit limits in the member’s plan.</li><li><b>Exclusions:</b> Check plan for exclusions. Verify acupuncture is not excluded for specific reasons (such as fertility) or when done by an acupuncturist.</li><li><b>Fertility treatment:</b> When done for fertility treatment, quote fertility treatment benefits.</li><li><b>Chiropractor:</b> Chiropractic benefits apply when done by a chiropractor.<ul style="list-style-type: none"><li>Chiropractors must contact OptumHealth Physical Health to arrange for services.</li></ul></li><li><b>ACO referrals:</b> Refer to <a href="#">ACO Network Guidelines Chart</a>.</li><li><b>Elect/Essential referrals:</b> Refer to <a href="#">Elect and Essential Referral Guidelines Chart</a>.</li><li><b>Providers:</b> Any provider, including chiropractors, can bill for acupuncture as long as they have the appropriate training and credentials.<ul style="list-style-type: none"><li><b>ND, SD, and WI:</b> Services from acupuncturists are not eligible.</li><li>Acupuncturists are contracted individually, not by clinic.</li></ul></li></ul></div>						
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## Government Programs

Introduction	This section applies to all Medicaid and Medicare products.						
AccessAbility (SNBC),  Minnesota Senior Care Plus (MSC+)	<p><a href="#">Medicaid only groups</a>:</p> <ul style="list-style-type: none"><li>• See <a href="#">Medicaid</a> below.</li></ul> <p><a href="#">Medicare eligible groups</a>:</p> <ul style="list-style-type: none"><li>• Not covered.</li><li>• Follows Medicare guidelines.</li><li>• Medicare is the primary payer.</li><li>• If no Medicare eligibility, Medicaid applies. See <a href="#">Medicaid</a> below.</li></ul>						
AccessAbility Enhanced (I-SNBC),  DUAL (MSHO)	<p>Not covered.</p> <ul style="list-style-type: none"><li>• Medica is the only payer.</li></ul>						
Cost (Prime)	<p>Not covered.</p> <ul style="list-style-type: none"><li>• Follows Medicare guidelines.</li></ul>						
Med Advantage	<p>Not covered.</p> <ul style="list-style-type: none"><li>• Follows Medicare guidelines.</li><li>• Medica is the only payer.</li></ul>						
Med Supp (Select, Signature)	<p>Not covered.</p> <ul style="list-style-type: none"><li>• Follows Medicare guidelines.</li><li>• Medicare supplement.</li><li>• Medicare is the primary payer.</li></ul>						
Medicaid	Not covered.						
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## Individual and Family Business (IFB)

Introduction	This section applies to all Individual and Family Business (IFB) brands: Dean Health Plan (DHP), Medica, Medica (formerly WellFirst), and Prevea360.						
Benefits	Not covered.						
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