

Type of Service	Cigna HSA/HSA+	Cigna PPO	BCBS	BCBS Gold	International
Annual Physical, Well Women & Travel	\$0	\$0	\$0	\$0	\$0
Primary Care Visit	\$90/\$9	\$20	\$90/\$9	\$20	\$0
Health Coaching	\$0	\$0	\$0	\$0	\$0
Behavioral Health	\$20/\$2	\$20	\$20/\$2	\$20/\$2	\$0
Physical Therapy	\$40/\$4	\$30	\$40/\$4	\$30	\$0
Acupuncture	\$40/\$4	\$30	\$40	\$40	\$0
Chiropractic	\$40/\$4	\$30	\$40/\$4	\$16	\$0
Labs	\$10/\$1	\$0	\$10/\$1	\$0	\$0
Medication	\$5	\$5	\$5	\$5	\$0
Massage	Massage is not covered by insurance and it is \$1 a minute. 50 min and 25 min appointments available.				
VSP Optometry Exam	\$10	\$10	\$10	\$10	\$0