

Mind. Body. Wellness.

The Centers for Complementary Medicine

The Kaiser Permanente Centers for Complementary Medicine provide nontraditional treatments, often in addition to standard medical treatments, to address a variety of conditions and improve your overall health and wellness.

Acupuncture

In this centuries-old treatment, thin needles are inserted into the skin at certain points of your body that relate to specific health problems or body functions. It is used to alleviate a variety of medical conditions—such as chronic pain—prevent illness, and promote overall balance and well-being.

Chiropractic

This natural, hands-on technique can adjust your joints and spine to help your body function properly.

Mindfulness-based Stress Reduction Classes

Mindfulness-based Stress Reduction (MBSR) was developed at the University of Massachusetts Medical Center and uses a combination of meditation, body awareness, gentle yoga, and breathing techniques. There is scientific evidence to support the efficacy of MBSR for multiple pain conditions as well as an improved ability to handle anxiety.

The Kaiser Permanente Centers for Complementary Medicine welcome members and nonmembers.

No referral is necessary—to schedule an appointment or learn more about your cost and benefit for these services, call **1-844-800-0788 (TTY 771)**.

Medical Office Locations	Acupuncture	Chiropractic
Baseline Medical Offices 580 Mohawk Drive Boulder, CO 80303	•	•
Briargate Medical Offices 4105 Briargate Parkway, Suite 125 Colorado Springs, CO 80920		•
Highlands Ranch Medical Offices 9285 Hepburn St. Highlands Ranch, CO 80129	•	•
Lakewood Medical Offices 8383 W. Alameda Ave. Lakewood, CO 80226	•	•
Longmont Medical Offices 2345 Bent Way Longmont, CO 80503		•
Pueblo North Medical Offices 3670 Parker Blvd., Suite 200 Pueblo, CO 81008		•
Smoky Hill Medical Offices 16290 E. Quincy Ave. Aurora, CO 80015	•	•
Westminster Medical Offices 11245 Huron St. Westminster, CO 80234	•	•

Unless your health benefit plan includes coverage for chiropractic and/or acupuncture benefits, the products and services described here require a separate rider. These products and services are provided on a fee-for-service basis, and you will be financially responsible to pay for them. Clinical services are provided by Plan Providers. Results of services vary among patients and cannot be guaranteed. For specific information about your health plan benefits, please see your Evidence of Coverage or Membership Agreement.