

## States Mandating Health Insurance Coverage for some Acupuncture Treatments

--From Richard Calchi, at the National Conference of State Legislatures, there are 11 states that mandate acupuncture for coverage.

They are: CA, FL, ME, MT, NV, NM, OR, RI, TX, VI, WA

-- According to a **2011 Institute of Medicine (IOM) report**<sup>o</sup>, chronic pain is one of the most serious health problems in the U.S., affecting an estimated 100 million Americans. Among that number, a **2007 National Health Interview Survey**\* shows that a surprising proportion are adverse to pill popping and surgical management techniques. **At least 6% of the population—more than 14 million Americans, the survey shows—are using or have used acupuncture treatments as part of their overall health care.**

Research: <sup>o</sup>IOM Report attached

<sup>o</sup><http://www.webmd.com/pain-management/news/20110629/100-million-americans-have-chronic-pain>

\*NIH report compiling the statistics from the 2002, 2007, and 2012 Statistics From the National Health Interview Surveys:  
<https://nccih.nih.gov/research/statistics/NHIS>

\*Paper that breaks down the 2007 NHIS numbers:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296189/>

--Although a select few health plans do cover acupuncture, the **latest available health insurance data** indicates that most acupuncture treatments are likely out-of-pocket costs to consumers. According to **HealthPocket, a technology company that compares U.S. health plans, a 2013, pre-Affordable Care Act (ACA) study of 11,365 health plans revealed that 92% of the plans it analyzed excluded acupuncture from coverage. The company's 2014, post-ACA follow up analysis**

showed the number of plans excluding acupuncture had dropped, marginally, to 86%.

--A six-year, National Institutes of Health-financed study conducted by the Department of Epidemiology and Biostatistics, Memorial Sloan-Kettering Cancer Center, New York, NY, and published in *Archives of Internal Medicine* (Oct 22, 2012), that detailed analysis of earlier research involving data on nearly 18,000 patients, found that acupuncture outperformed sham treatments and standard care when used by people suffering from osteoarthritis, migraines and chronic back, neck and shoulder pain, and led it's authors to conclude that "Acupuncture is effective for the treatment of chronic pain and is therefore a reasonable referral option."

<http://www.ncbi.nlm.nih.gov/pubmed/22965186>

--Body of evidence-based research conducted by clinical endocrinologist Dr. Helene. Langevin with orthopedic surgeon Martin Krag and orthopedic biomedical engineer David Churchill on loose, or non-specialized connective tissue called fascia, and on the acupuncture "needle grasp" shows that mechanical stimulation of connective tissue generated by needle manipulation transmits a mechanical signal to sensory nerves, as well as intrinsic sensory afferents directly innervating connective tissue.

<http://www.the-scientist.com/?articles.view/articleNo/35301/title/The-Science-of-Stretch/>

<https://www.youtube.com/watch?v=2i04RQq9KX4>

<https://www.youtube.com/watch?v=1vgNUXP3GRw>

<https://www.youtube.com/watch?v=rb9MoLFxglY>

<https://www.youtube.com/watch?v=FGL1jtMbxnQ>