

Services that don't require a referral from a PCP

Direct Access Services

Alternative medicine

- Acupuncture
- Chiropractic care
- Naturopathic services
- Outpatient physical, occupational and speech therapy, massage therapy (benefit limits apply)
- Spinal manipulations

Hospital-based services

- Anesthesia (regardless of location)
- Blood bank services

Preventive services ([Link to all preventive services](#))

Other services

- Ambulance / Air ambulance (emergent/urgent care only)
- Ancillary services (X-ray, lab, pathology)
- Behavioral health (includes hypnosis and gender-affirming care)
- Durable medical equipment purchases / rentals / supplies (some supplies require authorization)
- Emergency services / Urgent care
- Eye exam (adult and pediatric)
- Family planning services
- Hearing hardware
- Inpatient hospital ancillary professional fees
- Reproductive sterilization
- Newborn care (up to 31 days)
- Pediatric dental
- Obstetric care
- Urgent care centers
- Vision hardware (includes contacts)