



TLC HDHP

**Notification of Changes to Your Member Handbook
Effective October 1, 2010 (for certain school groups) and July 1, 2011
The Local Choice Health Benefits Program
Commonwealth of Virginia, Department of Human Resource Management**

Keep this notification with your TLC HDHP Member Handbook for a full and complete description of your coverage. You or your Benefits Administrator may view and print the most current member handbook from The Local Choice Web site at www.thelocalchoice.virginia.gov.

Spinal manipulations and other manual medical interventions (chiropractic) covers 30 visits per plan year, and the \$500 plan year limit no longer applies.

Page 5, Benefits Summary - Spinal manipulations and other manual medical interventions