

Massage Therapists in the Angwin/St. Helena Area

The 2011/2012 PUC Healthcare Plan massage benefit allows **up to 30 massages** per year paid at 80%, **after you have met your deductible.** For example, if you get a one-hour massage for the usual and customary charge of \$80-\$100 per hour (this is the PUC limit), you will end up paying only \$16-\$20 out of your pocket. Just pay the therapist in full and submit a claim to Delta Health Systems for reimbursement of your 80% (a few therapists will bill insurance for you). The following PUC-approved local therapists have served PUC employees with high recommendations. If you have another therapist you wish to use, please submit details to the Wellness Office for clearance of that provider.

<u>Name</u>	<u>Phone</u>	<u>Notes</u>
Beverly Davies CMT	967-9567	Office in St. Helena "Wellness 360"
Susan Cutino CMT	965-3612	Private Studio in Angwin (does billing)
Barbara Gitter-Hansen CMT	965-2960	Private Studio in Angwin (does billing)
Carrie Schaefer CMT	965-0532/965-9147	Angwin Chiropractic Office
Heather Bethke CMT- Life Essentials	965-2564	Private Studio in Angwin
Susie Dillman CMT	286-8946	Home visits
Nancy Ambrosini CMT	337-3704	Home visits
Karen Winkeller RN CMT	987-7395	Studio in Middletown for women
Stacy Smith CMT	217-3458	St. Helena Chiropractic & Home Visits
Jennifer Brucker	812-4529	Home visits, Exertec Fitness Ctr. (Napa)