This is a list of both health insurance providers and health cash plans that recognize British Acupuncture Council members.

Some of these require a referral from a GP or a specialist, and the cover with policies varies, so please check your policy before planning treatment.

Liz Jeannet is a registered provider for Aviva Health UK.

Aviva Health UK [www.aviva.co.uk](http://www.aviva.co.uk)

Benenden Best Health Cash Plan [www.benenden.org.uk](http://www.benenden.org.uk/)

**Birmingham Hospital Saturday Fund** [www.bhsf.co.uk](http://www.bhsf.co.uk)

BUPA (some cash plans) [www.Bupa.co.uk](http://www.bupa.co.uk/)

Cash4Health [www.cash4health.co.uk](http://www.cash4health.co.uk/)

Cigna [www.cigna.co.uk](http://www.cigna.co.uk)

CS Healthcare [www.cshealthcare.co.uk](http://www.cshealthcare.co.uk)

Engage Mutual Assurance [www.engagemutual.com](http://www.engagemutual.com/)

Exeter Family Friendly [www.exeterfamily.co.uk](http://www.exeterfamily.co.uk/)

General and Medical Healthcare [www.generalandmedical.com](http://www.generalandmedical.com)

Groupama [www.groupamahealthcare.co.uk](http://www.groupamahealthcare.co.uk)

Healthshield [www.healthshield.co.uk](http://www.healthshield.co.uk)

HSF [www.hsf.eu.com](http://www.hsf.eu.com/)

Medicash [www.medicash.org](http://www.medicash.org/)

National Friendly [www.nationalfriendly.co.uk](http://www.nationalfriendly.co.uk)

PHSA [www.phsa.org.uk](http://www.phsa.org.uk)  
Pinnacle Health CashBack [www.pinnacle.co.uk](http://www.pinnacle.co.uk/)   
Pru Health [www.pruhealth.co.uk](http://www.pruhealth.co.uk/)

Saga Health Cash Plan [www.cash4health.co.uk](http://www.cash4health.co.uk/)

Simply Health [www.simplyhealth.co.uk](http://www.simplyhealth.co.uk)

Sovereign Health care [www.sovereignhealthcare.co.uk](http://www.sovereignhealthcare.co.uk)

Universal Provident [www.universalprovident.co.uk](http://www.universalprovident.co.uk)   
Westfield [www.westfieldhealth.com](http://www.westfieldhealth.com/)  
WHA [www.whahealthcare.co.uk](http://www.whahealthcare.co.uk/)  
WHCA Orchard Healthcare Cash Plan [www.whcaorchard.com](http://www.whcaorchard.com/)

WPA [www.wpa.co.uk](http://www.wpa.org.uk/)