

Notice of Alternative Pain Management Benefits for Group Insurance Commission Members

This notice is intended to inform you of Covered Benefits you may utilize as alternatives to the use of opiate products for pain management treatment. Please see the Covered Benefits section of your handbook and your Schedule of Benefits for your Plan's specific coverage details for the following alternative benefits:

- 1. Chiropractic treatment** – uses spinal manipulation to treat neuromusculoskeletal complaints such as back pain, neck pain, migraine headaches, fibromyalgia, and joint pain.
Your Plan includes coverage for chiropractic care. Please see the “Chiropractic Care” benefit in your handbook and Schedule of Benefits to determine for details of your coverage.
- 2. Behavioral health services – Outpatient Counseling** (psychotherapy) is professional guidance to help a person, family, or group of individuals recognize and cope with issues that are interfering with their mental and emotional well-being. Counseling can help you manage frustration, fear, anger, depression, and anxiety, as well as patterns of unhealthy behaviors. Outpatient Counseling may involve a combination of different therapeutic strategies aimed at addressing the mental and emotional aspects of pain. Treatment is individualized based on your unique clinical needs.
Please see the “Mental Health and Substance Use Disorder Treatment” benefit in your handbook and Schedule of Benefits for details of your coverage.
- 3. Physical therapy services – Physical therapy** releases the restrictions in tight muscles and strengthens the weak ones. Physical therapists provide mobility and stability, which in turn relieves chronic pain in a more permanent way.
Please see the “Rehabilitation and Habilitation Services – Outpatient” benefit in your handbook and Schedule of Benefits for details of your coverage.

If you are an HMO Member, you must receive services from a Plan Provider. If you are an Access America or POS Member, you will pay lower Member Cost Sharing when you receive services from a Plan Provider. Your Provider Directory lists all Plan Providers by state and town, specialty, and languages spoken. You may view the Provider Directory online at <https://www.harvardpilgrim.org/myoptions/gic/>.

You may also go to [<https://www.harvardpilgrim.org/public/manage-chronic-pain>] for additional information on Opioid use and pain management alternatives.

In addition to the medical coverage listed above, [celecoxib](#) and the [lidocaine patch](#) are also alternatives to the use of opiate products for pain management. Your outpatient prescription drug coverage is not administered by HPHC. Please see your **CVS Caremark Prescription Drug Plan** brochure or call **CVS Caremark at [877-876-7214]** for information on coverage of outpatient prescription drugs.