

Non-Opioid Alternatives for the Treatment of Chronic Pain

- Harvard Pilgrim provides coverage for several alternative pain management treatments that may be effective for patients with chronic pain who should not or do not want to be prescribed opioid medications.
- Pain management alternatives include non-opioid pain medications, acupuncture, behavioral health services, chiropractic services, and physical therapy.

Highlighted Options for Non-Opioid Pain Management:

- **Non-opioid prescription pain medications**
- **Acupuncture**
- **Behavioral health services**
- **Chiropractic services**
- **Physical therapy**

Harvard Pilgrim's Coverage for Alternative Pain Treatments

- **Non-opioid prescription medications:** Harvard Pilgrim provides coverage for many FDA-approved [prescription non-opioid drug products](#) that are effective pain management alternatives and have a lesser potential for misuse than opioid drug products.
- **Acupuncture services:** When the service is a covered benefit, coverage may be provided for standard acupuncture care for illness or injury, including electro-acupuncture for the treatment of neuromusculoskeletal pain. Prior authorization is not required, but benefit limitations may apply.
- **Chiropractic services:** Coverage may be provided for care by a chiropractor within the scope of standard chiropractic practice, including musculoskeletal adjustment or manipulation. Prior authorization is not required but benefit limitations may apply.
- **Physical therapy (PT):** Harvard Pilgrim provides coverage for rehabilitation and habilitation services including PT, occupational therapy, and pulmonary rehabilitation therapy for pain management only if there is likely to be significant improvement in the patient's condition within the benefit period, and when needed to improve the patient's ability to perform activities of daily living. Prior authorization is not required for PT.
- **Behavioral health services:** Members and providers may contact our Behavioral Health Access Center at 888-777-4742 for information on coverage, benefits, and treatment options. Many therapeutic strategies (such as cognitive behavioral therapy, hypnotherapy, and relaxation techniques like guided imagery) can help address the mental and emotional responses to physical pain

Behavioral health referrals and consultations

To refer a patient for behavioral health services, call Optum at **888-777-4742**.

To speak with an Optum clinician to discuss treatment options, call the Optum Physicians Consultation service at **800-292-2922**.

Covered CPT Codes for Alternative Pain Management

Acupuncture Coding	97810, 97811, 97813, 97814
Chiropractic Services	29200, 29240, 29260, 29280, 29520, 29530, 29540, 29550, 97010, 97012, 97014, 97022, 97024, 97032, 97033, 97034, 97035, 97036, 97039, 97110, 97112, 97113, 97116, 97127, 97139, 97140, 97530, 97533, 97535, 97537, 97542, 97545, 97546, 98940, 98941, 98942, 98943, 99201, 99202, 99203, 99204, 99205, 99211, 99212, 99213, 99214, 99215
Physical/Occupational Therapy	97010, 97012, 97014, 97016, 97018, 97022, 97024, 97026, 97028, 97032, 97033, 97034, 97035, 97036, 97039, 97110, 97112, 97113, 97116, 97124, 97127, 97139, 97140, 97530, 97533, 97535, 97537, 97542, 97545, 97546, 97755, 97760, 97761, 97763

Provider Pain Management Resources by State

Massachusetts

- [Massachusetts Consultation Service for Treatment of Addiction and Pain \(MCSTAP\)](#), which supports primary care providers in screening for, diagnosing, treating, and managing the care of all patients with chronic pain, substance use disorders, or both.
- MCSTAP [Clinical resources and tool kits](#)
- Contact number: **1-833-PAIN-SUD (1-833-724-6783)**

Maine

- Maine Medical Association [educational programs and materials](#)
- [CME programs](#) for physicians and practice staff

New Hampshire

- [New Hampshire Medical Society \(NHMS\)](#) listing service of New Hampshire providers whose primary focus is pain treatment.

Connecticut

- Connecticut Medical Assistance Program (CMAP)'s [HUSKY Health Pain Management Program website](#), where providers can access tools and educational resources, including a Treatment Planning Guide, to help safely and effectively manage patients dealing with chronic pain conditions.