

## Notice of Alternative Pain Management Benefits Massachusetts

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. **Acupuncture and chiropractic treatment – Acupuncture** is a form of treatment that involves inserting thin needles through a person's skin to alleviate pain. **Chiropractic treatment** uses spinal manipulation to treat neuromusculoskeletal complaints such as back pain, neck pain, migraine headaches, fibromyalgia, and joint pain.

Your Plan may include coverage for either acupuncture treatment or chiropractic care (or both). Please see the "Acupuncture Treatment for Injury or Illness" and/or the "Spinal Manipulative Therapy (including care by a chiropractor)" benefits in your handbook and Schedule of Benefits to determine which benefits are covered under your plan and 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 or Access America Value Member, you must receive services from a Plan Provider. If you are a PPO, 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 our website, [\[www.harvardpilgrim.org\]](http://www.harvardpilgrim.org).

In addition to the coverage listed above, [celecoxib and the lidocaine patch](#) are also alternatives to the use of opiate products for pain management. If your Plan includes our outpatient pharmacy coverage, these drugs are covered under your prescription drug rider and the Member Cost Sharing for prescription drugs purchased at a pharmacy will be listed on your outpatient prescription drug flyer and Summary of Benefits and Coverage.

You may also go to [\[www.harvardpilgrim.org/opiodinfo\]](http://www.harvardpilgrim.org/opiodinfo) for additional information on Opioid use and pain management alternatives.



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