



# ALTERNATIVES TO OPIOID-BASED MEDICATIONS

## Pain Management Medications and Services

Opioid-based medications may be prescribed to help you manage pain. However, they aren’t your only option. Alternative pain management treatment options, such as non-opiate medications and services, are covered by all Blue Cross health plans that include pharmacy benefits. If you prefer not to use opioid-based medications for pain management, talk to your doctor to see if alternative treatments are right for you.



### WHAT’S COVERED

We cover the alternative treatment options listed below. For full coverage information, check your plan’s benefits.

#### NON-OPIATE MEDICATIONS

Certain medications covered under your pharmacy benefit are indicated as alternatives to opioids in our pharmacy benefit materials and available medication lists. These medications are often classified as:

- Nonsteroidal anti-inflammatory drugs
- Topical analgesics

#### GET A PARTIAL FILL OF OPIOID-BASED MEDICATIONS

If your doctor prescribes an opioid-based medication, you can choose to partially fill your prescription. There’s no extra charge for a partial fill. If you need the rest of the dosage, you can fill the remainder of your prescription at the same pharmacy within 30 days, without paying an additional copay.

#### NON-MEDICATION TREATMENTS

The following pain management treatments and services are covered under your medical benefit:<sup>1</sup>

Type of Service	Coverage
Acupuncture <sup>2</sup>	Up to 12 visits per year
Chiropractic treatment	No limit on covered visits if medically necessary
Cognitive behavioral therapy	No limit on covered visits if medically necessary
Nutrition counseling	No limit on covered visits if medically necessary
Osteopathic manipulation medicine	No limit on covered visits if medically necessary
Pain medicine specialists	No limit on covered visits if medically necessary
Physical and occupational therapy	Up to 60 visits per year
Physical medicine and rehabilitation	No limit on covered visits if medically necessary
Spine surgery	No limit on covered visits if medically necessary
Transcutaneous electrical nerve stimulation (TENS)	Covered under the Durable Medical Equipment benefit when medically necessary

For more information about your coverage, download the MyBlue app or create an account at [bluecrossma.org](https://bluecrossma.org).

<sup>1</sup> Coverage may vary based on your plan, including prior authorization requirements. Check your benefit materials for details.

<sup>2</sup> Not all plans cover acupuncture. Check your benefit materials for details.

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

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## Questions?

If you have questions, call Team Blue at the Member Service number on the front of your ID card.



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ATTENTION: If you don't speak English, language assistance services, free of charge, are available. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).