

## Oregon Health Plan – Fee-for-service treatment options for back and spine pain

The Oregon Health Plan covers many ways to treat back and spine pain:

- ▶ Cognitive behavioral therapy (a kind of talk therapy)
- ▶ Physical therapy
- ▶ Gradual supervised exercise
- ▶ Spinal manipulation by a chiropractic or osteopathic doctor
- ▶ Acupuncture
- ▶ Occupational therapy
- ▶ Yoga
- ▶ Massage

Your provider will work with you to find the best treatment for your medical condition and medical history.

### Do you take an opioid for chronic pain?

Opioids (also known as narcotics) are strong drugs sometimes used to treat pain. Starting January 1, 2018, the Oregon Health Plan no longer covers prescriptions of these drugs for back and spine pain. This is because there are many safer ways to treat back and spine pain.

Ask your provider about other ways to manage your pain, or if a different medication will help. The Oregon Health Plan may pay for some other kinds of pain relievers.

### Your safety is important to us

The Oregon Health Plan is always looking for ways to help you stay as healthy as possible. In the United States, opioid overdoses kill more people than car accidents. Taking too much opioid medication can also cause other health problems.

If you worry that you use opioids too much for your pain, ask your provider for help.

### If you need help

Your provider can ask the Oregon Health Plan to approve a treatment plan to help you use opioids less (also known as a “tapering plan”).

The Oregon Health Plan also covers treatment to help you stop using opioids:

- ▶ Counseling
- ▶ Medication-assisted treatment

To keep you safe from an opioid overdose, you can also ask your provider or pharmacist about getting naloxone. If you overdose on opioids, taking naloxone can keep you safe until you get to a hospital. (You **must** go to a hospital any time you have an opioid overdose, even if you take naloxone.)

### **Learn more at [OHP.Oregon.gov](http://OHP.Oregon.gov)**

You can also visit **[OHP.Oregon.gov](http://OHP.Oregon.gov)** to learn more about:

- ▶ Treating back and spine pain
- ▶ Living with chronic pain
- ▶ What you can do if you already use opioids for chronic pain