

Massachusetts: Nonmedication alternatives for pain management

Quick reference guide

This guide outlines the covered alternative to opioid products and non-medication services for providers treating patients with pain management needs.

Pain management nonmedication alternatives

Nonmedication alternatives type	Small group	Large group
Acupuncture	Not covered	Covered; no prior authorization
Chiropractic	Covered; no prior authorization	Covered; no prior authorization
Physical therapy	Covered; no prior authorization	Covered; no prior authorization
Occupational therapy	Covered; no prior authorization	Covered; no prior authorization
Physician medicine/ rehabilitation	Covered; no prior authorization	Covered; no prior authorization
Cognitive behavioral therapy	Covered; no prior authorization	Covered; no prior authorization
Nutrition counseling	Covered; no prior authorization	Covered; no prior authorization
Osteopathic manipulative medicine	Covered; no prior authorization	Covered; no prior authorization
Interventional pain management (nerve block)	Covered if clinical requirements are met	Covered if clinical requirements are met
Spine surgery	Covered if clinical requirements are met	Optional (buy-up)
Transcutaneous Electrical Nerve Stimulation unit	Covered if clinical requirements are met	Covered if clinical requirements are met



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