Maine: Non-medication alternatives pain management

Quick reference guide

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

Pain management non-medication alternatives

Non-medication alternatives type	Small group fully insured (FI) Individual & Family Plans (IFP)	Large group fully insured (FI)
Acupuncture	Not covered.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Chiropractic	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Cognitive behavioral therapy	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Interventional pain management (nerve block)	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Nutrition counseling	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.

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Osteopathic manipulative medicine	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Occupational therapy	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Physical therapy	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.	Covered; cost-sharing and treatment may vary by plan; prior authorization may apply; check the member-specific benefit plan document for details.
Physician medicine/ rehabilitation	Covered under outpatient rehabilitation services visit limits (e.g., physical therapy); prior authorization may apply; check the member-specific benefit plan document for details.	Covered under outpatient rehabilitation services visit limits (e.g., physical therapy); prior authorization may apply; check the member-specific benefit plan document for details.
Spine surgery	Covered if clinical requirements are met; prior authorization may apply; cost-sharing and treatment may vary by plan; check the member-specific benefit plan document for details.	Covered if clinical requirements are met; prior authorization may apply; cost-sharing and treatment may vary by plan; check the member-specific benefit plan document for details.
Transcutaneous electrical nerve stimulation unit	Covered if clinical requirements are met; prior authorization may apply; cost-sharing and treatment may vary by plan; check the member-specific benefit plan document for details.	Covered if clinical requirements are met; prior authorization may apply; cost-sharing and treatment may vary by plan; check the member-specific benefit plan document for details.

Questions? We're here to help.

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