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### **Harvard Pilgrim offers alternatives to opioids for treatment of chronic pain**

Manchester, NH – Harvard Pilgrim Health Care covers a range of non-opioid treatments to offer its members alternative therapeutic options for the relief of pain.

The therapies include non-opioid prescription drugs; acupuncture; physical therapy; chiropractic care; behavioral health services, naturopathic medicine; referrals to pain management specialists; injections - including nerve block, steroid, trigger point and Botox; and implanted nerve stimulators.

These services are covered as a core benefit on most fully insured plans, subject to copays, coinsurance and deductibles. For example, members can receive 20 acupuncture and 12 chiropractic visits a year, with no physician referral needed.

“New Hampshire is in the midst of an opioid crisis that has had terrible consequences for many families,” said William C. Brewster, Harvard Pilgrim’s vice president for the New Hampshire regional market. “When some of our members began requesting a broader array of pain management therapies, we looked at the evidence and realized that there are safe and cost-effective alternatives to opiates for many patients. In addition, we are pleased to offer integrative therapies like naturopathy and acupuncture for care outside of traditional western medicine.”

#### **About Harvard Pilgrim Health Care**

Harvard Pilgrim is a not-for-profit health services company that, along with its subsidiaries, is improving the well-being of its 2.7 million customers. Harvard Pilgrim’s flagship health plans in New England provide health coverage to 1.3 million members, while another 1.4 million individuals are served through Health Plans, Inc., a subsidiary that provides integrated care management, health coaching and plan administration solutions to self-funded employers nationwide. Founded in 1969, Harvard Pilgrim has built its reputation on innovation and collaboration with a goal of lowering health care costs, improving care and enhancing the overall member experience. It is known for its excellent clinical programs, customer service, health improvement strategies and innovative tools that offer consumers greater transparency and empower them to make better decisions about their health care. Harvard Pilgrim is home to the Harvard Pilgrim Health Care Institute, a unique collaboration with Harvard Medical School. As Harvard Medical School’s Department of Population Medicine, the Institute is the only appointing department of a U.S. medical school housed within a health plan. Funded primarily through external government and private sources, it provides critical information to all levels of our health care system on issues affecting population health and health care

delivery. Harvard Pilgrim is consistently among America's highest-rated health plans according to an annual ranking of the nation's best health plans by the National Committee for Quality Assurance (NCQA)\*.

\*Harvard Pilgrim Health Care is currently rated 5 out of 5 for its private HMO/POS and PPO plans and Harvard Pilgrim Health Care of New England is currently rated 4.5 out of 5 for its private HMO/POS plans in NCQA's Private Health Insurance Plan Ratings 2015-16. NCQA's Private Health Insurance Plan Rankings, 2011-15, HMO/POS/PPO.