



Substance Use Treatment

Begin Your Recovery Journey With Comprehensive Support

At Tufts Health Plan, we're committed to providing high-quality care and support for adolescent and adult members that are grappling with alcohol use disorder, opioid addiction and other mental health challenges. Our comprehensive approach to substance use disorder covers outpatient services and immersive inpatient treatments, ensuring you're supported every step of the way.¹

Spectrum Health Systems

We provide substance use disorder and opioid addiction treatment through Spectrum Health Systems, a nonprofit organization that provides a full range of addiction treatment and behavioral health services across Massachusetts,² including:

- **Inpatient Detoxification:** Safe, controlled environments to guide withdrawal
- **Acute Residential Treatment:** Therapeutic spaces fostering in-depth care and recovery
- **Medication for Substance Use Disorders:** Using the latest evidence-based pharmaceutical treatments
- **Outpatient Counseling:** Guided therapy for sustained recovery

- **Peer Recovery Support:** Access to dedicated Peer Recovery centers, where members can connect with individuals who've walked this path and benefit from their experience
- **Community-Centric Approach:** Focus on treatments deeply rooted in community ties to drive optimal recovery outcomes

For more information, visit: spectrumhealthsystems.org

Better Life Partners

Better Life Partners delivers integrated health care, with an integration of primary and behavioral health care, members can truly focus on all aspects of recovery from medical and emotional well-being to substance use disorder.³ The close relationships with local community organizations add an extra layer of support for members. You have access to a comprehensive support team of medical experts and specialized clinicians offering key benefits including:

- **Rapid Withdrawal Relief:** Access to medication assisted therapy quickly
- **Flexible Therapy:** Choice of group or individual sessions
- **Expert Counseling:** Weekly and as-needed sessions with trained counselors
- **All-in-One Health:** Virtual and in-person primary care options
- **Easy Communication:** Reachable via phone, email or SMS
- **Community Resources:** Connection to local services tailored to unique needs
- **Progress Tracking:** Regular, structured evaluations

For more information, visit: betterlifepartners.com

Addiction Recovery Care Management Team

Our commitment extends beyond treatment. For members taking steps toward recovery from substance use disorder, and who have recently received inpatient treatment, our internal Addiction Recovery Care Management Team¹ is here throughout your recovery journey:

- Offers guidance and insights on personalized recovery plans
- Introduces you to treatment programs and resources aligned with your recovery journey, especially if you've recently received inpatient treatment
- Support from licensed clinicians and specialized peer recovery specialists

Need Assistance?

Contact Member Services at the number on your member ID card.

¹These behavioral health programs and services are available to Tufts Health Plan commercial members (not including Tufts Health Direct). Member cost sharing may apply. Members should refer to their plan documents for specific details regarding their coverage and benefits.

²Spectrum Health Systems is located only in Massachusetts. Member cost sharing may apply.

³Better Life Partners services are located in Massachusetts, New Hampshire, Maine and Vermont. Member cost sharing may apply.

Harvard Pilgrim, a Point32Health company, complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Por servicio de traducción gratuito en español, llame al número de su tarjeta de miembro. 若需免費的中文版本, 請撥打ID卡上的電話號碼。