

## MA Tufts Medicare Complement Plan

**The following amendment is effective for all MA Tufts Medicare Complement plans that are new or renewing on or after 1/1/2020.**

This Amendment includes important information about your health care coverage under your Massachusetts Tufts Medicare Complement Plan.

### Chapter 3 - Covered Services

In compliance with Massachusetts law, *Tufts HP* offers coverage for services and medications for pain management that are alternatives to opioids. Services include, but are not limited to:

- Acupuncture services (see "Tufts Health Plan Member Discounts")
- Physical therapy
- Nutrition counseling

To find a *Provider* for these services, please see our website. Click on "Find a Doctor or Hospital" to start your search. You may also call Member Services for help in finding a Provider.

Please note that prior approval for these services may be required. Please see the "Benefit Overview" to determine if these services require prior approval.

Medications for pain management that are alternatives to opioids include, but are not limited to:

- Non-steroidal anti-inflammatory agents, such as ibuprofen
- Cyclooxygenase-2 (Cox-2) inhibitors, such as celecoxib

For information about medication alternatives to opioids, please call Member Services.