

MA Small Group/Individual Plan Amendment

The following amendment is effective for all small group or individual plans that are new on 1/1/2020, or that renew thereafter. This Amendment includes important information about your health care coverage under your Massachusetts Small Group/Individual plan.

Chapter 3

Covered Services

In compliance with Massachusetts law, the following information about opioid alternatives has been added to Chapter 3:

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

- Spinal manipulation
- Acupuncture services
- 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, call Member Services