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P.O. Box 30013, Pittsburgh, PA 15222-0330

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| <Member First Name> <Member Last Name>  <Mailing Address Line 1>  <Mailing Address Line 2>  <Mailing City>, <Mailing State> <ZIP Code> |  |

Dear <Member First Name> <Member Last Name>,

What are your options for non-opioid pain treatment?

Your doctor may prescribe opioids for pain after you have surgery, experience an injury, or if you have certain health conditions. But there are ways to manage moderate-to-severe pain **without** taking opioids. When you know more about these options, you can work with your doctor on a treatment plan that is safe **and** effective.

**What are the risks and side effects of opioid use?**

Opioids can be an important part of your treatment plan. But they also put you at risk for substance use disorder, accidental overdose or death.

Long-term use of opioids can lead to:

* Tolerance (the need to take more of your medicine to get the same pain relief)
* Physical dependence (experiencing symptoms of withdrawal when you stop taking your medicine)

When taken as directed, opioids can have side effects, such as:

* Constipation
* Nausea
* Vomiting
* Dry mouth
* Drowsiness
* Dizziness
* Confusion
* Depression
* Irritability
* Itching
* Difficulty breathing

Given these risks and side effects, it’s important to work with your doctor to manage your pain the right way.

**Are you concerned about taking opioids for pain?**

Talk to your doctor about ways to manage your pain without using prescription opioids. Some options below may work better and have fewer risks and side effects.

**Non-opioid prescription medicines:**

* Non-steroidal anti-inflammatory drugs, or NSAIDS (for example, the tablet forms of diclofenac potassium, diclofenac sodium and meloxicam)
* Some medicines used for seizures, which can also help with certain types of nerve pain (for example, pregabalin)
* Muscle relaxants (for example, the tablet forms of baclofen and tizanidine)

**TRS-Care Medicare Rx**, your Medicare Part D prescription drug plan, may cover these medicines. For coverage and cost details, call the phone number on your **member ID card**. Or see your plan’s formulary at info.caremark.com/trscaremedicarerx for a list of covered drugs.

**Non-medication treatments:**

* Physical therapy and occupational therapy
* Acupuncture for chronic low back pain
* Chiropractic services
* Mental and behavioral health services

Your **TRS-Care Medicare Advantage plan, including original Medicare Parts A and B,** may cover these options. Call the phone number on your **member ID card** for coverage and cost details.

**How can you protect yourself from an overdose?**

Long-term use of opioids increases your risk of dependence and accidental overdose. If you’ve been taking opioids for a while, talk to your doctor about a prescription for naloxone. If taken during an opioid overdose, it may reverse the overdose and bring you out of it. Having naloxone available may give peace of mind to you and your loved ones.

**MAT can help with opioid dependence.**

Medication-assisted treatment (MAT) combines medicines with counseling and behavioral therapies to treat opioid use disorders. It can also help some people sustain their recovery. The U.S. Food and Drug Administration approved three drugs to treat opioid dependence: buprenorphine, methadone and naltrexone.

All three drugs are safe and effective when combined with counseling and psychosocial support. Psychosocial support addresses a person’s emotional, social, mental and spiritual needs. Your TRS-Care Medicare Advantage plan may cover these outpatient therapies.

**We’re here to help.**

Have questions about this notice or your TRS-Care Medicare Rx coverage of pain management? Call 1-844-345-4577, 24 hours a day, 7 days a week. TTY users should call 711.

The formulary may change at any time. You will receive notice when necessary.

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