

Opioids and Pain Management

Patients who experience pain should receive safe and effective pain management. Prescription opioids, such as codeine, hydrocodone (Vicodin[®], Norco[®]), oxycodone (OxyContin[®], Percocet[®]), and morphine (MS Contin[®], Kadian[®]) for example, can help treat and manage pain but also carry serious risks of addiction, overdose and even death.¹

In addition to the serious risks of misuse, overdose, and addiction, the use of prescription opioids can cause several side effects, listed below, even when they are taken as directed by your health care provider¹:

- Tolerance
- Physical dependence
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sedation and dizziness
- Confusion
- Depression

Nonopioid therapies, including medication and non-medication options, can often be more effective and safer than opioids²

Opioids are just one option used for treating and managing pain. Other options to manage pain include nonopioid medications and nonmedication treatment and services.² Many of these options are covered by Medicare.

Your medical plan covers the following services to help manage your pain:

- Acupuncture for chronic low back pain
- Chiropractic services
- Cognitive behavioral therapy (CBT)
- Interventional therapies, like injections
- Physical and occupational therapy services

Medicare Part D (prescription drug coverage) covers nonopioid medications which can also treat pain, such as:

- Certain medications for depression or for seizures which also treat pain
- Nonsteroidal anti-inflammatory agents (oral and topical)
- Musculoskeletal relaxers

If you have questions regarding coverage for nonopioid therapies, Peak Advantage enrollees can contact Member Service at 1-855-962-7325 (TTY users should call 711). This call is free.

Hours of operation are October 15th through April 1st 8 am - 8 pm EST, 7 days a week and April 2nd through October 14th 8 am - 8 pm EST, Monday - Friday.

Members can also visit our website for more information at www.medicare.peakhealth.org.

References:

1. U.S. Centers for Disease Control and Prevention. (2024, November 1). *About prescription opioids*. Retrieved November 19, 2024, from <https://www.cdc.gov/overdose-prevention/about/prescription-opioids.html>
2. U.S. Centers for Disease Control and Prevention. (2024, April 24). *Nonopioid therapies*. Retrieved November 19, 2024, from <https://www.cdc.gov/overdose-prevention/manage-treat-pain/nonopioid-therapies.html>

Peak Advantage is a Medicare Advantage PPO plan with a Medicare contract and is offered by Peak Health Insurance Corporation. Enrollment in Peak Advantage depends on contract renewal. Peak Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Peak Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Peak Health provides free aids and services to people with disabilities to communicate effectively with us and free language services to people whose primary language is not English. If you need these services, contact Peak Advantage Member Service at 1-855-962-7325.

Peak Health Insurance Corporation is licensed as an accident and sickness insurer in the State of West Virginia.

Peak Health, LLC is licensed as a Third-Party Administrator in the states of West Virginia, Pennsylvania, and Kentucky.



Learn More

Medicare.PeakHealth.org



Have Questions?

1.855.962.7325 (PEAK)