



**WELLFLEET INSURANCE COMPANY  
ACCESS TO PAIN MANAGEMENT SERVICES PLAN DESCRIPTION\***

Wellfleet Insurance Company incorporates a pain management access plan to provide its members with a broad spectrum of pain management services including nonopioid, nonnarcotic medication and alternative therapies. For members with acute or chronic pain that require evaluation, management and treatment, Wellfleet provides coverage for a combination of treatment methods. Wellfleet's coverage for pain management allows the use of treatments from one or more clinical disciplines to be incorporated into the member's treatment plan. Multidisciplinary approaches address different aspects of chronic pain conditions, including biopsychosocial effects of the medical condition on the patient. Wellfleet provides coverage provided by in-network and out-of-network providers.

<b>Multidisciplinary Pain Management Treatment Approaches</b>
<b>Alternate Medications</b>
Acetaminophen
NSAIDS
Topical Analgesics
Cox-2 Inhibitors
Skeletal Muscle Relaxants
Anti-Depressants
Anti-Convulsants
Cortico-Steroids
<b>Restorative Therapies</b>
Physical Therapy
Occupational Therapy
Traction
Cold & Heat therapy
Bracing
Nutrition Counseling
Osteopathic Manipulation Medicine
Interventional Pain Management Nerve Block
Spine Surgery
Tens Unit
<b>Interventional Procedures</b>
Epidural steroid injections
Facet joint nerve block & denervation injection
Cryoneuroablation
Radiofrequency ablation

Peripheral Nerve injections
Sympathetic Nerve Blocks
Neuromodulation
Intrathecal Medication Pumps
Vertebral Augmentation
Trigger point & Joint injections
<b>Behavioral Health Approaches</b>
Behavioral Therapy(BT)
Cognitive Behavioral Therapy(CBT)
Acceptance & Commitment Therapy(ACT)
Mindfulness-based stress reduction(MBSR)
Emotional awareness & expression therapy(EAET)
Self-regulatory or psychophysiological approaches *Biofeedback; Relaxation training; hypnotherapy
<b>Complementary &amp; Integrative Health</b>
Acupuncture
Chiropractic Therapy
<b>RESOURCES</b>
Wellfleet Insurance Company follows best practice set force by U.S. Department of Health and Human Services (2019, May). Pain Management Best Practices Inter-Agency Task Force Report: Updates, Gaps, Inconsistencies, and Recommendations. Retrieved from U. S. Department of Health and Human Services website: <a href="https://www.hhs.gov/sites/default/files/pmtf-final-report-2019-05-23.pdf">https://www.hhs.gov/sites/default/files/pmtf-final-report-2019-05-23.pdf</a>

\*As required by, Sec. 1. 24-A MRSA §4311-A