Benefit Design Considerations for Health Plans

Essential Recommendations

☐ Evaluate coverage options to ensure treatment approaches are affordable, convenient and easily accessible.

☐ Allow for referral to comprehensive pain centers when appropriate.

☐ Design a pathway for employees with chronic pain to achieve appropriate care.

☐ Recommend collaboration between the primary care physician and any pain specialists the patient is referred to see.

Strongly Recommended

☐ Provide coverage for non-medication therapy options for conditions supported by clinical evidence and by state mandated coverage requirements.

☐ Assess the value of the interventions based on outcomes measures that demonstrate improvements in pain and pain-related disability functional status.

☐ Consider these non-medication therapy options:
  ☐ Physical therapy
  ☐ Behavioral health treatment
  ☐ Acupuncture
  ☐ Chiropractic care
  ☐ Medical massage therapy
    Rendered by a licensed medical massage therapist
    Prescription required from HCP every 12months
  ☐ Yoga therapy

Optional Recommendations

☐ Align provider payment incentives with evidence-based assessment and treatment of pain.

☐ Review coverage for imaging based on evidence.

Source: Employer Guide: Pain Management at the Worksite, MBGH