

# Alternatives to opioids for treating pain



Blue Cross & Blue Shield of Rhode Island (BCBSRI) supports a number of alternatives to opioids for treating pain. Covered services include:

- Physical therapy
- Acupuncture\*
- Cognitive behavioral therapy
- Chiropractic
- Osteopathic manipulation
- Interventional pain procedures
- Non-opioid pain medication
- Transcutaneous electrical nerve stimulation (TENS) units
- Implantable spine devices

In addition, BCBSRI members are able to attend alternative medicine classes at our three Your Blue Store locations in East Providence, Lincoln and Warwick. Classes include:

- Yoga
- Pilates
- Meditation



\*may not be available in all plans

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