

Pain & Opioid EDUCATION

Pain makes it hard to enjoy life.

You might be recovering from surgery or an injury. Or, you may have a condition like arthritis or nerve damage. Pain can make you sad, angry, or upset.

Pain can keep you from getting a good night's sleep, eating right, and exercising. It can affect your mood and stop you from spending time with your friends and family.

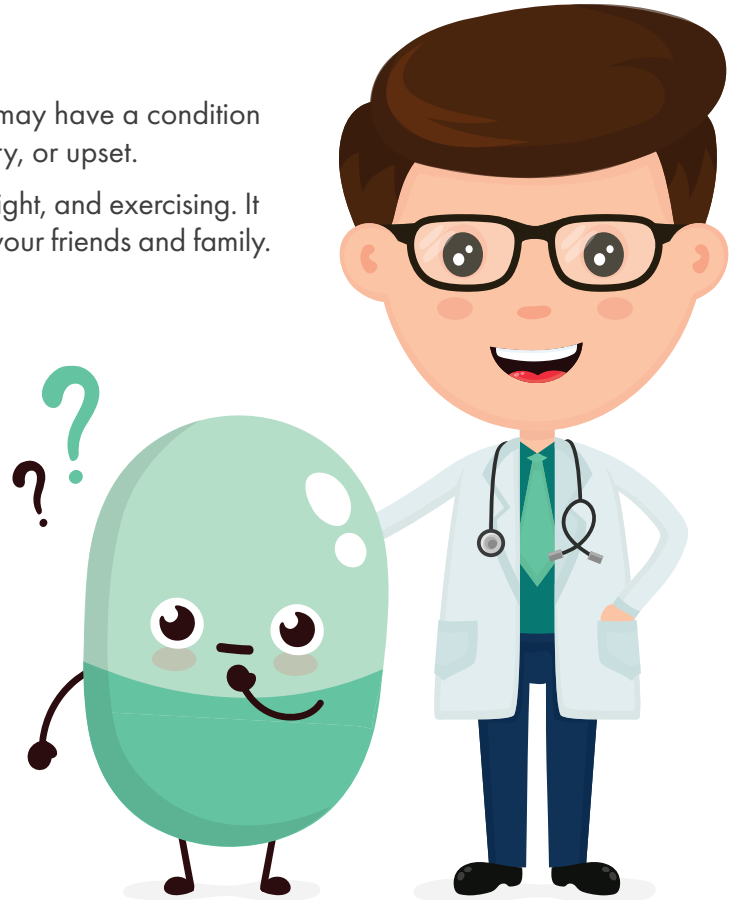
If you have severe pain, your doctor may prescribe an opioid.

Opioids are very strong pain medicines. They block pain receptors in your brain so you don't hurt as much.

This sounds like a good thing. But, if you use an opioid for a long time, your body gets used to the drug. You will need more of it to feel better.

Opioids can be helpful if you use them for a short time. But, if you take them for weeks, months, or even years, it can lead to problems. *You can become addicted. And, it can happen faster than you think.*

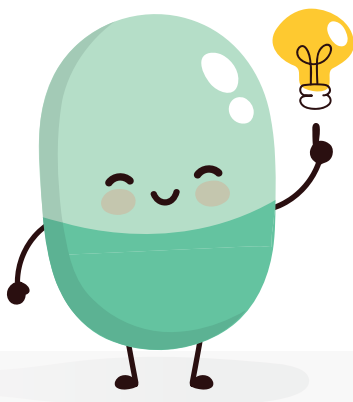
If you have long-term pain from arthritis, low back pain, migraines, or other conditions, ***it's important to find ways to lower your pain without opioids.***



Here are some ways to start feeling better.

They're safe and don't put you at risk for addiction. And, some of these options may even work better than opioids.

- See a chiropractor.**
 Chiropractors help manage pain by making sure your body — your bones, muscles, nerves, and tendons — is in alignment. They can help with back and neck pain by making adjustments to your spine.
- Try physical therapy.**
 Physical therapy can help you move better or recover after an injury. It uses exercise, massage, heat therapy, and physical training.
- Get help from an outpatient mental health or substance abuse specialist.**
 Your plan covers in-person visits. It also covers telehealth visits, which let you get treatment online or on the phone.



Continued →

Continued:

- **Ask your doctor about stretching and light exercises.**

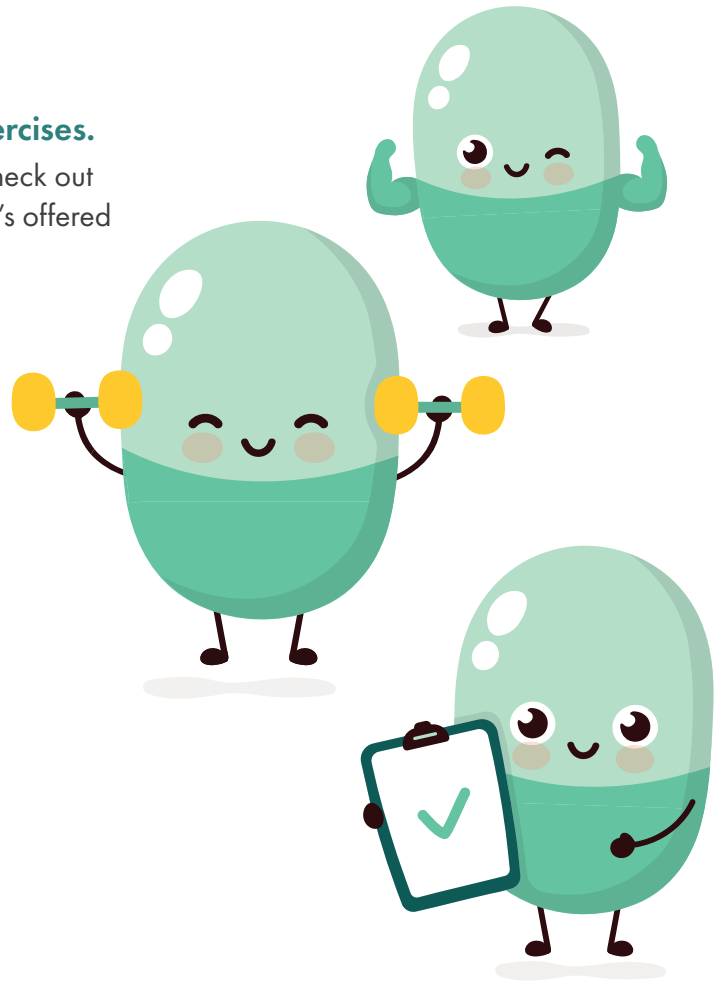
Make sure your doctor thinks you're ready, and then check out the Silver&Fit® Healthy Aging and Exercise program. It's offered through your VIVA MEDICARE plan at no cost to you.

The Silver&Fit program will send you a Home Fitness Kit, or you can take classes online without having to leave your home. Go to SilverandFit.com, or call them at 877-427-4788 (TTY: 711), Monday through Friday, 7 a.m. – 8 p.m.

- **Talk to your doctor about taking over-the-counter (OTC) pain medicines.**

Acetaminophen (*Tylenol*), ibuprofen (*Advil* or *Motrin*), and naproxen (*Aleve*) are all available at retail pharmacies. You can also try lidocaine creams or patches that you apply to your skin.

You can even pay for these with your plan's over-the-counter allowance from NationsOTC. They'll be sent directly to you, with no extra cost for shipping. Go to nationsbenefits.com/viva to see the catalog online.

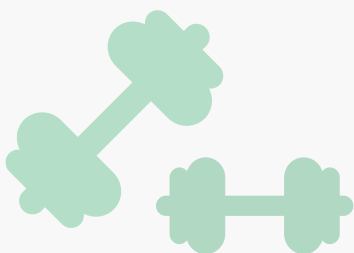


For more information:

To get more details, including how your plan covers chiropractor and physical therapy visits:

Call us at **800-633-1542** (TTY: 711). Our hours are Monday to Friday, 8 a.m. – 8 p.m. October 1 – March 31: 8 a.m. – 8 p.m., 7 days a week. A Medicare Member Services Advocate will be happy to help.

Look up your plan's Evidence of Coverage online at VivaHealth.com/Medicare/Member-Resources/Plans. Click on your plan name, then click on "2022 Evidence of Coverage."



The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit is a trademark of ASH and used with permission herein. Limitations, member fees, and restrictions may apply. Kits are subject to change.

VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-633-1542 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-633-1542 (TTY: 711). H0154_mcdoc3304A_C_02/24/2022