

Alternative Pain Management Therapies Minnesota Medicaid Benefit Coverage

While there are many prescription medications available to treat pain, patients and providers may prefer to try alternative treatments for pain, sometimes in conjunction with prescription or over-the-counter pain. Evidence-based alternative therapies may or may not be covered by a patient’s insurance. This grid may assist clinicians in determining therapy options that may be covered and therapy options not covered by Medicaid in Minnesota.

Category	Intervention	Medicaid Benefit Coverage
Behavioral	Behavioral Operant Therapies: <ul style="list-style-type: none"> Modeling appropriate behaviors Assigning tasks in a graded or hierarchical manner that promotes success & reinforcement Practicing tasks Managing attention or rewards given by significant others Reinforcing healthy behaviors & ignore maladaptive behaviors 	Not separately reimbursed – may be provided during an assessment/session with a qualified/credentialed behavioral health provider.
Cognitive	Cognitive Behavioral Therapy and/or Counseling	Not separately reimbursed – may be provided during session with a qualified/credentialed behavioral health provider.
	Activities <ul style="list-style-type: none"> Cognitive restructuring exercises Graded exposure Mindfulness exercises for pain Relaxation breathing exercises 	Not separately reimbursed – may be provided during an assessment/session with a qualified/credentialed behavioral health provider.
	Coping Techniques	Not separately reimbursed – may be provided during an assessment/session with a qualified provider.
Cognitive (Mind-body medicine)	Prayer: <ul style="list-style-type: none"> Centering 	Not covered.
	Meditation: <ul style="list-style-type: none"> Loving kindness Mindfulness 	Not covered.
	Spirituality: <ul style="list-style-type: none"> Meaningful practices Readings 	Not covered.
Energy-Based	Reiki Reflexology Therapeutic Touch (TT); Healing Touch	Not covered.
Environment	Assistive Devices	May be covered if ordered by a qualifying provider & meets medical criteria for DME.
	Environment Modification: <ul style="list-style-type: none"> Comfortable seating Lighting Sounds Adjusting room temperature Tightening & smoothing linens 	Not covered, but may be suggested during an assessment/session – not separately reimbursed and will not cover modification.
	Mattress – Use pressure redistributing	Not covered.

Category	Intervention	Medicaid Benefit Coverage
Interventional & Behavioral	Mirror therapy (treatment of phantom limb pain; induction of limb imagery)	May be covered under Physical Therapy if ordered and rendered by an appropriate qualified provider.
	Osteopathic Manipulative Treatment <ul style="list-style-type: none"> Spinal manipulation 	Covered under Chiropractic if member meets criteria & services are ordered and rendered by a qualifying provider.
	Biofeedback	Not separately reimbursed – may be covered if ordered & rendered by an appropriate qualified provider.
Interventional & Physical	Physical Therapy	Covered if member meets medical criteria & services are ordered & rendered by an appropriate qualifying provider.
	General Chiropractic treatment for pain	Covered for manual manipulation of the spine to treat subluxation of the spine & related x-rays if ordered & rendered by an appropriate qualifying provider.
	Acupuncture	Covered if member meets medical criteria & services are ordered & rendered by an appropriate qualifying provider.
	Specialty Pain Care/Pain Management	Covered if member meets medical criteria & services are ordered & rendered by an appropriate qualifying provider.
Interventional Device	Electrical Stimulation (TENS)	May be covered if ordered by qualifying provider & meets medical criteria.
	Magnets; Electromagnetic Therapy Ultrasound (Galvanic)	Not covered.
Interventional & Psychological	Neuro Emotional Technique (NET) (testing & manually holding the associated meridian pulse points facilitating cognitive & emotional processing & resolution)	Not covered.
Physical	Baths	Not covered
	Cold/ice (Cryotherapy) <ul style="list-style-type: none"> Compresses Packs 	May be provided during Physical Therapy session but not separately reimbursed.
	Exercise <ul style="list-style-type: none"> Aerobic Low-impact Physical Activity Water (Hydrotherapy) 	Based on medical necessity and medical criteria, may be a covered benefit under Physical Therapy if ordered & rendered by a qualifying provider.
	Heat (Mild)	May be provided during Physical Therapy session, but not separately reimbursed.
	Immobilization (with caution)	May be covered if ordered by qualifying provider & meets medical criteria for DME.
	Massage	Not covered.
	Positioning/Repositioning Neutral Body Alignment	May be covered if ordered by qualifying provider & meets medical criteria for DME.
	Sleep Hygiene	May be suggested & recommended by provider, but not separately reimbursed.

Physical & Psychological	Progressive Muscle Relaxation (PMR)	Not covered.
	Weight Loss	May be covered if nutritional services and counseling provided by a Registered Dietician.
Physical, Movement, Psychological, Spiritual	QiGong (Ancient practice of manipulating energy through slow body movements & meditation with imagery & breathing techniques)	Not covered.

References

Keilman, Linda. 2015. *Compendium of Evidence-Based Nonpharmacologic Interventions for Pain in Older Adults*. Available at: https://www.nhqualitycampaign.org/files/Guide_to_Evidence-based_NonPharmacologic_Interventions_for_Pain.pdf. [Assessed November 29, 2017].

Minnesota Department of Human Services. 2017. *Minnesota Health Care Programs Provider Manual*. Available at: http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_000094. [Assessed November 30, 2017].

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