



Maine Pain Management Access Plan

Introduction

Pursuant to Title 24-A, §4311-A of the Maine Insurance Code; the Aetna® Pain Management Access Plan is developed to ensure enrollees have adequate access to a broad spectrum of pain management services, including non-opioid and nonnarcotic options, as well as non-medication alternatives. The plan is designed to reduce reliance on opioids and promote safe, effective pain treatment. The plan embodies and reflects the three core principles of prevention, intervention and support.

Aetna provides coverage for the following categories of pain management services:

Non-opioid, nonnarcotic medications:

- NSAIDs (e.g., ibuprofen, naproxen)
- Acetaminophen
- Antidepressants (e.g., amitriptyline for neuropathic pain)
- Anticonvulsants (e.g., gabapentin, pregabalin)

Specific drug names:

Generic	BRAND NAMES
NSAIDS	
Celecoxib	Celebrex
Diclofenac	Voltaren
Diclofenac Micronized	Zorvolex
Diflunisal	Dolobid
Etodolac	Lodine
Ibuprofen	Motrin, Advil
Indomethacin	Indocin
Indomethacin Micronized	Tivorbex
Ketorolac	Toradol
Meloxicam	Mobic
Meloxicam Micronized	Vivlodex
Nabumetone	Relafen
Naproxen	Naprosyn, Aleve
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin
Flurbiprofen	
Meclofenamate Sodium	
Ibuprofen-Acetaminophen	Combogesic

Ibuprofen -Famotidine
Naproxen-Esomeprazole
Aspirin
Fenoprofen

Duexis
Vimovo

ANTICONVULSANTS

BRAND NAMES

Carbamazepine
Divalproex
Gabapentin
Gabapentin extended-release
Gabapentin enacarbil
Oxcarbazepine
Pregabalin
Topiramate
Valproic acid
phenytoin
Lacosamide
Lamotrigine

Tegretol
Depakote
Neurontin
Gralise
Horizant
Trileptal
Lyrica
Topamax
Depakene
Dilantin
Vimpat
Lamictal

ANTIDEPRESSANTS

BRAND NAMES

Amitriptyline
Desipramine
Desvenlafaxine
Duloxetine
Imipramine
Levomilnacipran
Milnacipran
Nortriptyline
Venlafaxine
Bupropion
Doxepine

Elavil
Norpramin
Pristiq
Cymbalta
Tofranil
Fetzima
Savella
Pamelor
Effexor
Wellbutrin

MUSCLE RELAXANTS

BRAND NAMES

Baclofen
Carisoprodol
Chlorzoxazone
Cyclobenzaprine
Dantrolene
Methocarbamol
Metaxolone
Orphenadrine
Riluzole
Tizanidine

Gablofen, Lioresal, others
Soma
Parafon Forte, Lorzone
Flexeril, Amrix, Fexmid
Dantrium
Robaxin
Skelaxin, Metaxall
Norflex
Rilutek
Zanaflex

STERIODS

BRAND NAMES

Dexamethasone
Hydrocortisone
Methylprednisolone
Prednisone
Prednisolone
Deflazacort

Decadron
Cortef, Hydrocortone
Medrol
Deltasone, Prednicot
Orapred, Millipred,
Prelone
Emflaza

Triamcinolone	Kenalog
Vamorolone	Agamree
Cortisone	

TOPICALS	BRAND NAMES
Diclofenac 1% gel	Voltaren
Diclofenac 1.5 or 2 % solution	Pennsaid
Diclofenac epolamine 1.3% patch	Flector
Lidocaine/Prilocaine	Emla
Lidocaine 5% patch	Lidoderm

Non-medication alternatives*:

- Physical therapy
- Occupational therapy
- Chiropractic care
- Acupuncture
- Cognitive behavioral therapy (CBT)
- Transcutaneous electrical nerve stimulation (TENS) therapy

*Some services may require precertification.

Precertification removed on drugs used for Opioid Use Disorder

We removed precertification requirements on all buprenorphine products, including Suboxone for all commercial formularies. We were also the first national payer to waive copays for Narcan for our fully-insured commercial members. This move increased accessibility to the drug by removing potential financial barriers.

Network adequacy

We ensure our provider network includes:

- Licensed pain management specialists
- Physical and occupational therapists
- Behavioral health providers trained in pain management
- Complementary and integrative health providers (e.g., acupuncturists, chiropractors)

Utilization management

- Prior authorization requirements are applied equitably across all pain management modalities.
- Aetna® publishes all Pharmacy Clinical Policy Bulletins for both Pharmacy and Specialty Pharmacy drugs which are subject to medical necessity reviews on

Aetna.com:

[Aetna.com/health-care-professionals/clinical-policy-bulletins/pharmacy-clinical-policy-bulletins.html](https://www.aetna.com/health-care-professionals/clinical-policy-bulletins/pharmacy-clinical-policy-bulletins.html)

Our utilization management policies and procedures are based on guidelines and criteria that include:

- Aetna® clinical policy bulletins
- Centers for Medicare & Medicaid Services National Coverage Determinations, Local Coverage Determinations And Medicare Benefit Policy Manual MCG™ guidelines
- American Society of Addiction Medicine (ASAM) Criteria; Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions, Third Edition
- Applied Behavioral Analysis (ABA) Medical Necessity Guide
- Level of Care Assessment Tool (LOCAT)
- Child Adolescent Level of Care Utilization System for Psychiatric and Addictive Services/ Child and Adolescent Service Intensity Instrument (CALOCUS-CASII)

[Aetna.com/health-care-professionals/utilization-management.html](https://www.aetna.com/health-care-professionals/utilization-management.html)

Member and provider materials

Information outlining covered pain management options are posted on our public website and included in enrollee welcome packets and provider newsletters.

Member resources: Depending on the member's specific plan, a range of supportive chronic pain programs may be available. Examples include:

Guardian Angel Program:

We recently launched the Guardian Angel Program (GAP). With GAP, we identify members who've had an opioid overdose and connect them with providers in their communities who can treat addiction.

GAP is a proactive approach to fighting the opioid epidemic. We understand addiction can be complex and highly personal. And we are committed to helping our members get the treatment they need with ease.

How GAP work?

Our program uses claims data and predictive analytics. We can identify members who are at-risk of an overdose or may need treatment. Once identified, a trained clinician reaches out to the member or their caregiver and offers support, including:

- Evaluating the member's mental and physical well-being
- Directing members to in-network resources and providers
- Finding information on naloxone — and other harm-reduction strategies
- Working with case management to monitor care and follow-up

Aetna Compassionate CareSM Program

Compassion. Caring. Support.

Our Compassionate Care Program is here to help members and families through trying times. It offers service and support to our members. When a member has a serious illness, our resources help members make choices that are best for them and their family. Our members have access to these services and resources included with their medical benefits.

Our Compassionate Care Program continues to evolve through its expansion of resources and services, addressing the needs of our members facing serious illness. Our case managers are here to assist.

Provider resources:

Acupuncture and Dry Needling CPB 0135

[Aetnet.Aetna.com/mpa/cpb/100_199/0135.html](https://www.aetna.com/mpa/cpb/100_199/0135.html)

Physical Therapy CPB 0325 **[Aetnet.Aetna.com/mpa/cpb/300_399/0325.html](https://www.aetna.com/mpa/cpb/300_399/0325.html)**

Back Pain - Non-Invasive Treatments CPB 0232

[Aetnet.Aetna.com/mpa/cpb/200_299/0232.html](https://www.aetna.com/mpa/cpb/200_299/0232.html)

Electrical Stimulation for Pain CPB 0011

[Aetnet.Aetna.com/mpa/cpb/1_99/0011.html](https://www.aetna.com/mpa/cpb/1_99/0011.html)

Chiropractic Services CPB 0107 **[Aetnet.Aetna.com/mpa/cpb/100_199/0107.html](https://www.aetna.com/mpa/cpb/100_199/0107.html)**

Nerve Blocks CPB 0863 **[Aetnet.Aetna.com/mpa/cpb/800_899/0863.html](https://www.aetna.com/mpa/cpb/800_899/0863.html)**

Headaches: Nonsurgical Management CPB 0462

[Aetnet.Aetna.com/mpa/cpb/400_499/0462.html](https://www.aetna.com/mpa/cpb/400_499/0462.html)

Headaches: Invasive Procedures CPB 0707

[Aetnet.Aetna.com/mpa/cpb/700_799/0707.html](https://www.aetna.com/mpa/cpb/700_799/0707.html)

Back Pain - Invasive Procedures CPB0016

[Aetnet.Aetna.com/mpa/cpb/1_99/0016.html](https://www.aetna.com/mpa/cpb/1_99/0016.html)

Spinal Cord Stimulation CPB 0194

[Aetnet.Aetna.com/mpa/cpb/100_199/0194.html](https://www.aetna.com/mpa/cpb/100_199/0194.html)

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