

## How to get help for opioid dependency

**Call New Directions at 800-991-5638.** New Directions manages behavioral health benefits for Blue Cross and Blue Shield of Louisiana members.

- New Directions can connect you to the most effective treatment for your specific needs and answer any questions you have.

## Why opioid dependence needs treatment

- Opioid dependence – addiction to prescription painkillers and heroin – is a treatable medical condition caused by changes in the chemistry of the brain.
- When you're opioid dependent, the need to satisfy cravings or avoid withdrawal symptoms can be intense and difficult to manage on your own.
- Those who receive effective treatment for opioid dependence can begin to take steps to manage their condition so they can focus on rebuilding their lives.

## What you need to know about getting treatment for opioid dependency

### 1. Effective treatment is critical

Health experts and science-backed evidence strongly support the use of medication-assisted treatment (MAT), to reduce cravings and suppress withdrawal symptoms.

Studies show that people given medications like methadone or buprenorphine are less likely to overdose or relapse. Ongoing treatment that includes counseling and behavioral therapy, as well as MAT, is crucial to managing opioid dependence.

### 2. Receiving treatment from an in-network provider or facility is important

Providers and facilities who are “in-network” have contracted with your health plan to provide care. This means they typically cost you less than an “out-of-network” provider.

Though most insurance plans do not cover 100% of costs, in-network benefits cover more of the cost than out-of-network benefits. In fact, after you've paid your deductible, you may not be required to pay for any of your treatment services at an in-network provider, depending on your health plan. Be aware that if you go to an out-of-network facility, you may incur major out-of-pocket expenses.

Call New Directions to determine if a facility is in network and to learn about your benefit coverage.

### 3. Getting treatment in your home community helps lead to a more successful recovery

The challenge of recovery is to maintain sobriety in your daily life – where you live and where you work. It's important that your family and friends understand your recovery plan so they can be a positive and active part in supporting your recovery.

Additionally, support from people who have experienced similar struggles (known as peer support) has been shown to be one of the most successful factors in overcoming addiction. For these reasons, it benefits you to receive treatment in your own community as opposed to traveling somewhere else.