

What are Health Plan Care Management Services for Substance Abuse Recovery?

Care Managers from your health plan are available to help with your long-term recovery from addiction. While you are getting treatment in a substance use treatment facility, you can ask for a health plan Care Manager to work with you and your treatment team to make a discharge plan for you. After you are discharged, your Care Manager will help you follow your recovery plan. Working with your Care Manager will make sure you continue to get the right treatment for you and help you avoid relapse.

Your Care Manager is there to help you with your individual recovery needs and promote your overall health and wellness. They can do the following:

- Help you schedule appointments with your doctors and therapists
- Give you reminders and supports to make sure you can make your appointments,
- Connect you with community supports, and with people who have had similar experiences with addiction recovery, and
- Develop a crisis plan to address relapse.

Your health plan may have more services that are available to help you.

How to Enroll?

You can call the number below today to speak to someone at your health plan who will help you enroll in the Care Manager program.

A Care Manager from your health plan will reach out when your treatment facility tells your health plan that you are there. And, as soon as you are admitted, please tell your treatment team that you want to call to your health plan so that you can get a Care Manager right away.

If you already have a Care Manager, call them whenever you need to find the best program for you.

| Health Plan | Phone Number |
|--------------------------------------|-----------------------------|
| Boston Medical Center HealthNet Plan | 888-217-3501 |
| CeltiCare | 866-896-5053 |
| ConnectiCare | 1-800-349-5365 |
| Fallon Health/ Beacon | 888-421-8861 |
| Neighborhood Health Plan/Beacon | #800-414-2820 |
| Harvard Pilgrim Health Care - OPTUM | 888-777-4742 |
| Health New England | 413-233-5028 |
| PCC Plan/ MBHP | 1-800-495-0086 –ext. 454165 |
| Minuteman | 855-644-1776 |
| Tufts Health Public Plans | 888-257-1985 |
| Tufts Health Plan | 1-800-208-9565 |
| UniCare State Indemnity Plan | 1-855-750-8980 |
| United Health Care | # on back of card |