

## 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