

QUICK GUIDE:

Helping Patients Access Medication Assisted Treatment

HOW DO I KNOW IF A PATIENT CAN BENEFIT FROM MAT?

MAT may be a good choice for a patient if:

1 They are seeking treatment for an alcohol or opioid use disorder, or alcohol or opioids are among the substances for which they are seeking treatment; and/or

2 They have tried stopping or reducing use of alcohol or opioids in the past but have been unsuccessful.

HOW CAN I HELP MY PATIENT FIND AN MAT PROVIDER?

Ask your patient where they get their insurance, as this will determine what provider they can see. For information about different insurance sources and what they cover, see the table on the back of this document. Regardless of insurance source, counselors and their patients can take the following steps to find a provider:

1 Check the MAT locator. Help the patient call providers to see if they take their insurance and have availability for an appointment.

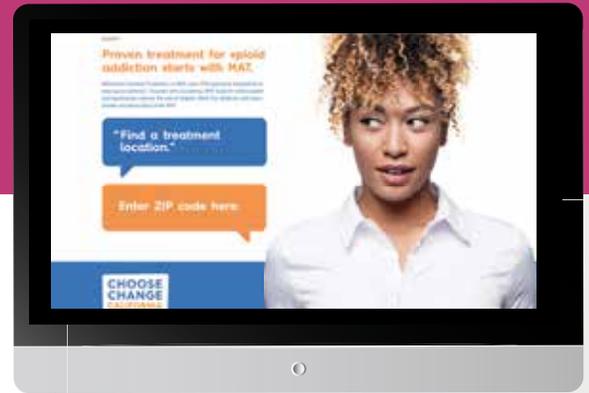
2 Check the provider directory for your patient's insurance plan.

- For Medi-Cal, substance use disorder (SUD) services are managed by each county's behavioral health department. In most counties, the county

behavioral health department must have a provider directory (or provider list) posted on their website. You may also be able to call an access line for help. Access lines and websites for each county are listed at bit.ly/2V4lfGs.

- Other insurance plans also post provider directories online. These can be accessed using an online patient portal. Information about the online patient portal should be listed on your patient's insurance card.

3 Check with the patient's doctor. Your patient's doctor may be able to prescribe MAT medications or may know of other providers who are able to help.



MAT LOCATOR

- For a list of providers and facilities offering MAT in your area, visit: <http://choosemat.org/>.
- Type in zip code and filter for providers that offer "Outpatient methadone/buprenorphine or naltrexone treatment"

WHAT ARE NEXT STEPS?

Check in: Once you have found a provider who takes your patient's insurance and can provide treatment, help your patient make their appointment. Regularly check in with your patient to be sure they are showing up for each appointment. Be sure to schedule a follow-up with your patient to discuss next steps and treatment planning.

Make connections: Once you have helped your patients find a provider, begin making a list of providers in your area that offer MAT and accept your patients' insurance. This will make it easier to make referrals in the future.

CONTINUED ON THE BACK

QUICK GUIDE:

Helping Patients Access Medication Assisted Treatment

FORM OF INSURANCE	WHAT IS IT?	WHAT IS COVERED?
MEDI-CAL	Medi-Cal is a health insurance program for low income individuals.	Medi-Cal covers all types of MAT for OUD (methadone, buprenorphine, naltrexone) and AUD (naltrexone, acamprosate, and disulfiram), but may not cover all forms of the drug. Patients with Medi-Cal do not have a co-pay (a portion of the cost that they must pay themselves) for MAT medications.
COVERED CALIFORNIA	Covered California is a website that allows people to purchase insurance coverage.	Whether or not MAT is covered depends on the plan. Plans may require prior authorization (the need for the plan to review the medication before approving coverage). Patients may have a co-pay for medications or services.
EMPLOYER-SPONSORED	Many people receive health insurance through their employer.	Whether MAT is covered depends on the plan. Plans may require prior authorization. Patients may have a co-pay for medications or services.
MEDICARE	Medicare is a health insurance plan for people over the age of 65, or for people under the age of 65 with a disability.	Medicare covers some forms of buprenorphine and naltrexone but does not cover methadone. Patients may have a co-pay for medications or services.
MEDI-CAL/MEDICARE	Some people are eligible for both Medi-Cal and Medicare.	Medicare and Medi-Cal both cover certain MAT medications. Medi-Cal can cover extra services that Medicare will not.
NO INSURANCE	Some patients may not have access to insurance.	Many substance use providers have grants that can cover uninsured patients. If your patient does not have insurance, check with your local narcotic treatment program (NTP) about whether they may be able to help. A directory of NTPs is available at bit.ly/2OR411Y .