



# IT'S TIME TO TALK ABOUT SAFE PAIN MANAGEMENT

**ASK**  
FOR THE  
ALTERNATIVES

**Talk with your healthcare provider about your pain management options.**

Health insurance plans may offer coverage for alternative treatments.

Prescription opioids and other pain medications aren't the only option. Many alternative therapies may actually provide better long-term pain management without the risks of side effects or addiction.

## Know Your Alternatives

- Physical therapy
- Massage therapy
- Acupuncture
- Mental health counseling
- Steroid injections

Learn about these therapies and more at [AskForAlternatives.com](https://www.AskForAlternatives.com)

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