



Help with managing pain

No one likes to be in pain, whether it's coming from your [back, neck, leg, hand, or foot](#). While the exact causes of discomfort may not be clear, the good news is that you have access to benefits that can help, including visits to specialists that can assist with joint and musculoskeletal pain.

Seeing a specialist may require additional out-of-pocket costs, so be sure to check your plan's outline of coverage in our [Member Resource Center](#) for more details on these services. You can also check out our blog on [how to understand your outline of coverage](#). Some of the services that may be available to you include:

- **Chiropractic care:** Treats and prevents neuromusculoskeletal disorders.
- **Physical therapy:** Relieves pain of an acute condition and prevents disability following disease, injury, or loss of body part. A physical therapist can create a personalized care plan.
- **Acupuncture:** Involves inserting fine needles at specific body points to relieve pain and is used to manage musculoskeletal pain and improve overall function. Be sure to confirm your plan benefits for acupuncture coverage.



My Healthy Vermont Workshops

My Healthy Vermont offers workshops for all Vermonters at no cost. The workshops focus on topics such as building healthy behaviors, managing pain, and other long-term health problems.

[Learn more](#)