



# Get Help, Feel Better

## What You Should Know About Medication-Assisted Treatment (MAT)

Aetna Better Health® of Florida is here to help you get the care you need to feel better and stay healthy.



### What is MAT?

MAT (Medication-Assisted Treatment) is a safe treatment that uses medicine and support to help people stop using opioids or alcohol.



### How does it help?

- Medicines ease feeling sick and help stop cravings.
- Talking with counselors keeps people strong and keeps them going with treatment.



### Medicines used (approved by the FDA - US Food & Drug Administration)

- **Methadone:**
  - A liquid or pill that prevents withdrawal.
- **Buprenorphine:**
  - A pill, film, or shot that blocks cravings.
- **Naltrexone:**
  - A pill or monthly shot that blocks the effect of opioids.



### Why MAT is Important

- **It saves lives** by lowering overdose risk
- **Helps people** stay in care
- **Improves life** at home and work



### How it works

1. Doctor visit
2. Medicine starts
3. Talk with a counselor
4. Keep following up with the doctor and counselor



### It's for everyone

MAT is for people who use opioids or alcohol and want help.



### Ready to get started?

Ask your doctor or nurse about MAT and take a look at the extra free support resources below for Aetna Better Health® of Florida members.

**988 Suicide & Crisis Lifeline:** If you or someone you know is in emotional or substance use crisis, you can call or text 988 anytime for private help. 988 does not replace 911, so call 911 if someone is in danger.

**Groups Recover Together:** Join a group of people who are working to feel better and stay healthy with MAT. Most visits are online, and some are in-person. Call: 1-888-245-2318 Website: [www.joiningroups.com](http://www.joiningroups.com)

**Brave Health:** Talk to a doctor or counselor by phone or video. They also help if you are having a hard time with drugs or alcohol. Call: 1-888-245-2318 Website: [www.bebavehealth.com](http://www.bebavehealth.com)

**Aetna Peer Support:** Talk to someone who understands you and has been through the same things. They will listen and help you. Call the number on the back of your member ID card or 1-800-441-5501 (TTY/TTD: 711) and ask for peersupport.

**Aetna Care Management:** A care manager can help you with your medical, mental health, and everyday needs. You get a care manager who works with you to make a plan and get the right support. Call the number on the back of your member ID card or 1-800-441-5501 (TTY/TTD: 711) and ask for a care manager.

