

Are you a Seattle Pain Centers (SPC) patient?

All Seattle Pain Centers clinics have closed.



If you have withdrawal symptoms

- If you stop your pain medications suddenly, you may get withdrawal symptoms. Withdrawal can be difficult, but it's not likely to cause harm to your body. Symptoms can include severe anxiety, restlessness, nausea, diarrhea, muscle pain, or insomnia.
- If you've been taking a benzodiazepine such as Xanax, Valium, or Ativan for a long time and stop suddenly, you may have more severe, even life-threatening problems.
- If your pain or withdrawal symptoms become severe, go to the Emergency Room of your local hospital or an urgent care clinic.

If you need substance use treatment services

- Contact the Washington Recovery Helpline at 866-789-1511 or www.warecoveryhelpline.org.

If you have a pain pump

- If you have not been contacted by your health insurance company yet, contact your health care provider now. If you don't have one, call your insurance company.

If you're struggling to deal with your pain and are feeling hopeless or distraught, please call the **National Suicide Prevention Lifeline at 1-800-273-8255**.

If you're in King County, you can call the Crisis Clinic line at 1-866-789-1511.

Each county in Washington has a crisis clinic; find yours at crisisclinic.org.



FILLING YOUR PRESCRIPTIONS

After August 15, Apple Health (Medicaid) and some private insurance plans will not pay for any prescriptions written by Seattle Pain Centers.

Your pharmacy may still fill your prescription, but you may have to pay for it.



GETTING YOUR MEDICAL RECORDS

Call **today** to get a copy of your medical records at: 1-844-772-7246 or 206-805-8885, or email them at medrecords@seattlepaincenters.com. Seattle Pain Centers will **ONLY** be processing records requests for a short time.

It may be easier to get care from a different health care provider if you have your medical records.



ACCESSING PAIN MANAGEMENT CARE

If you have a primary health care provider, contact them for care or for a referral for care.

Visit www.doh.wa.gov/painclinics for a list of pain clinics currently taking patients.

If you **don't have** a primary health care provider, contact your health insurance company.

If you don't have health care insurance, you can find out how to get it online www.wahealthplanfinder.org or by calling 1-855-923-4633.

Your insurance must provide you access to pain management care. If you are having a problem getting services, contact the Office of the Insurance Commissioner at 1-800-562-6900.

Medicare: Call the number on the back of your insurance card for assistance. If you don't know how to contact your insurance, call 1-800-562-6900.

Apple Health: Contact Apple Health to find a provider. Call 1-800-562-3022 or visit <http://bit.ly/2aYd6tG>

Managed Care Plan* through Apple Health or Private Insurance: Call the number on the back of your insurance card for assistance.

**Amerigroup, Community Health Plan of Washington, Coordinated Care of Washington, Molina, United Healthcare Community Plan*



GETTING TO YOUR MEDICAL APPOINTMENTS

If you have Medicaid insurance and need help with transportation to a medical appointment visit <http://bit.ly/2b6OAZ6> for information.



FOR MORE INFORMATION

Visit www.doh.wa.gov/pain