

## Study after study proves effectiveness of medication-assisted treatment (MAT)



### **Treatment with medication assistance decreases the relapse rate by 50% while also cutting death rates<sup>1</sup>**

Medication Assisted Treatment (MAT) incorporates the use of medication in addition to services such as counseling, cognitive behavioral therapies, and recovery support, to provide a comprehensive approach to the treatment of substance use disorders. MAT has been shown to stabilize physical cravings, as well as control behaviors that may lead to relapse.

### **Opioid and alcohol dependence is a chronic brain disease**

Based on scientific evidence gathered by medical professionals for nearly four decades, the most effective form of treatment for dependence to opioids and alcohol is a combination of medicine, accountability and psychosocial interventions.

Optum has developed a large and wide-ranging network of providers and programs that offer evidence-based MAT approaches.

Please call the toll-free MH/SA number on the consumer's health insurance card for referral assistance.

# MAT

### **The cost-effectiveness of MAT cannot be ignored**

Commercial members who received MAT had significantly lower average total paid behavioral health expenditures than

Commercial members who did not receive MAT - \$6,877 Opioid use disorder and \$4,927 Alcohol-use disorder<sup>2</sup>

<sup>1</sup> Drug and Alcohol Dependence, 2015

<sup>2</sup> Population: Optum members diagnosed with substance use disorder who received medication assisted treatment between: January 1, 2015 and December 31, 2017, Ly, October 2018.