



Dear Molina Member,

July 15, 2016

This letter is to let you know that the Seattle Pain Center no longer has a contract with Molina Healthcare. This means Molina Marketplace (Exchange) members can no longer be seen at any Seattle Pain Center location.

If your care includes taking regular doses of an opioid, also called narcotic medication, it is important you talk with your primary care provider (PCP) before you run out of medicine. It is not good for your health to stop taking this medication suddenly. If you do, you may get symptoms of withdrawal such as restlessness, nausea, diarrhea, muscle pain or insomnia.

It used to be very common to treat chronic pain with daily narcotic medications. However, we have learned that high dose narcotics, along with withdrawal symptoms, put people taking them at risk of a drug overdose which can lead to death. Talk to your PCP about: alternatives to narcotics, medicine to help reverse narcotic overdoses, how to lower your dosage and manage withdrawal symptoms.

Also, some people who take chronic narcotic medications can develop an addiction to them. Being addicted to something means you cannot control how much you take. This can lead to problems with your job, health, relationships and ability to feel well.

Talk to your PCP about the medications you received from Seattle Pain Center and what you should do. You can also call Molina Healthcare at (800) 869-7165 / TTY 711 if you have questions or do not have a PCP.

If you think you may have a problem controlling your use or are taking too much you can call your PCP, Molina Member Services at (800) 869-7165 / TTY 711, or contact the Washington Recovery Help Line at (866) 789-1511 / (206) 461-3219 TTY or [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org).

Molina is here to support you in getting the right care for your medical needs.

Sincerely,

A handwritten signature in black ink, appearing to read 'Frances Gough, MD'.

Frances Gough, MD  
Chief Medical Officer  
Molina Healthcare of Washington