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For more information about The Pain Center: [www.MaryFreeBed.com/ThePainCenter.aspx](http://www.MaryFreeBed.com/ThePainCenter.aspx) or 616-233-3480

### Medical News Advisory

## Strengthened Health Insurance Coverage Provides More Relief

### New Provisions Remedy Pain in Patients' Pocketbooks

**Grand Rapids, Mich.** — Roughly 100,000 people in west Michigan suffer chronic pain, headaches or live with fibromyalgia and other energy sapping conditions. This group also suffers from secondary health issues such as depression and anxiety which not only adds to their physical pain, but also increases pocketbook strain since many of these treatment costs are not covered to the same extent as physical issues.

Now these patients, many of whom seek care at Mary Free Bed, can rest easy because much needed pain relief is on the way. Health insurance companies have implemented newly-established Health & Behavior Codes, which now cover more psychological services and relieve burdensome out-of-pocket expenses.

Mary Free Bed is a premier provider of restorative health and rehabilitation services and helps many chronic pain sufferers treat the anguishing secondary symptoms they encounter. Historically, comprehensive insurance coverage for these conditions has been limited to medications, procedures, and physical therapy, limiting patient care. Medical coverage for the psychological treatment of emotional or behavioral issues was previously restricted or non-existent.

“Historically, limited coverage and high out-of-pocket costs have been an unfortunate hardship because much of a chronic pain sufferer’s distress results from secondary side effects such as depression or anxiety which can negatively impact their lives,” said Dr. Edmund O’Connor, Director & Chief Psychologist of The Pain Center at Mary Free Bed Rehabilitation Hospital. “Suffering increases because patients no longer engage in the things they value most. Patients need psychological services to fully address their chronic medical problems. Many people with chronic pain must also deal with the loss of work and recreation, strained relationships, and anxiety or depression, but higher out-of-pocket costs for biofeedback, stress management and counseling prevent many patients from getting the care they need.”

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**More about Edmund O'Connor, Ph.D.:**

*Dr. O'Connor is the Director & Chief Psychologist of The Pain Center at Mary Free Bed Rehabilitation Hospital. The Pain Center takes a rehabilitation approach to chronic pain and headaches that improves patient pain management skills and quality of life.*

**More about Mary Free Bed:**

*Founded more than 100 years ago, Mary Free Bed Rehabilitation Hospital is an 80-bed, not-for-profit, acute rehabilitation center. Its mission is to restore hope and freedom through rehabilitation to people with disabilities. Mary Free Bed offers comprehensive inpatient and outpatient rehabilitation for children and adults using an interdisciplinary approach. Also available are numerous specialty programs designed to increase the quality of life and independence of people with disabilities. For more information about Mary Free Bed Rehabilitation Hospital, please visit [www.maryfreebed.com](http://www.maryfreebed.com) or call (800) 528-8989.*