



Welcome to Ideal Option

We're glad you're here.





“What you
do today can
improve all your
tomorrows.”

—RALPH MARSTON

Congratulations.

By coming to Ideal Option, you have taken a huge step toward taking your life back from addiction.

No matter how many times you’ve tried treatment, or what combination of substances you use, we will do our best to help you discover the joy of recovery.

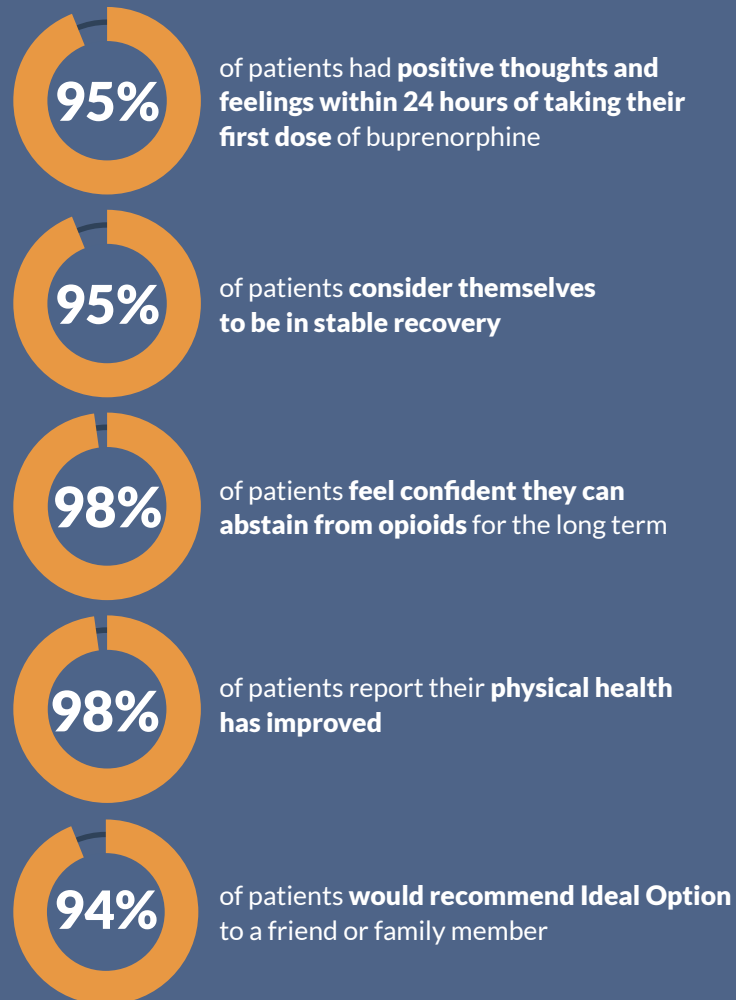
This booklet will help you understand how the Ideal Option program works for opioid and polysubstance use disorder and what to expect as you progress through treatment.

You are welcome here.

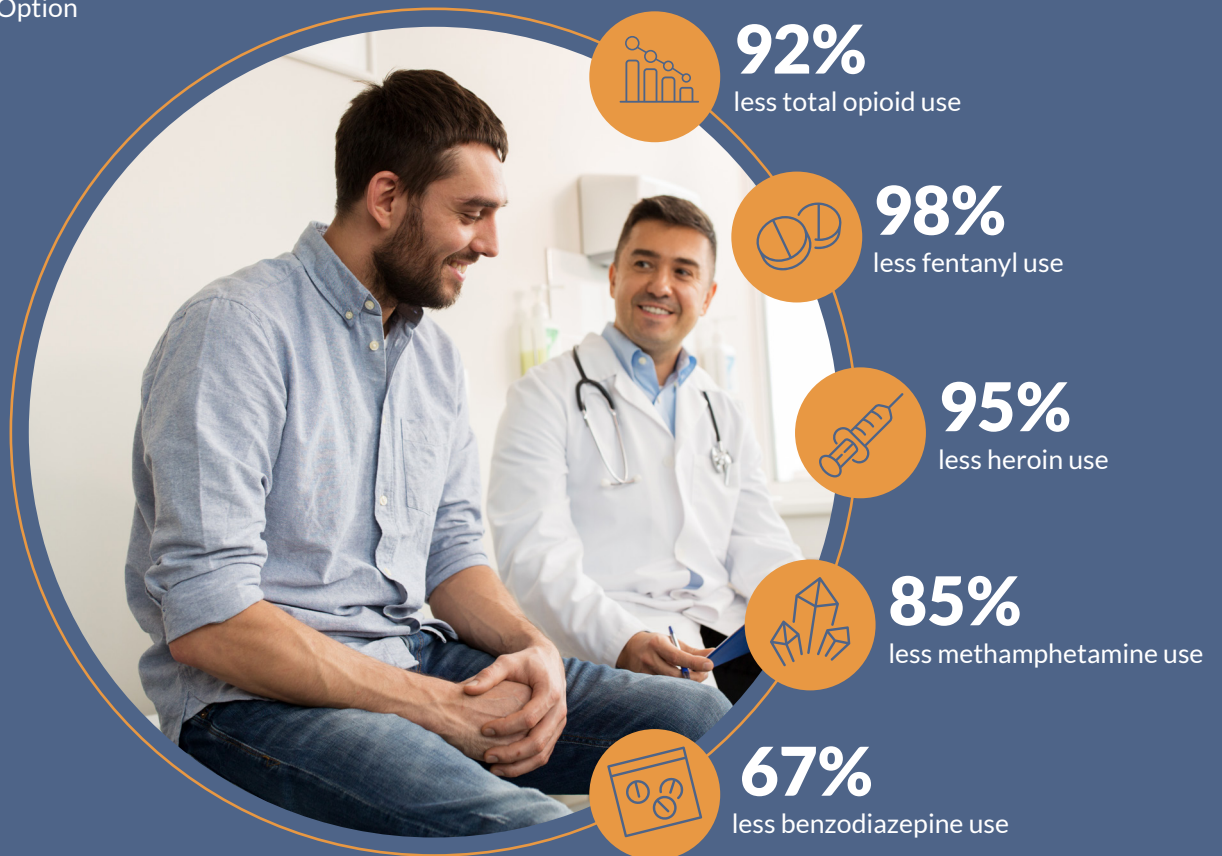
Ideal Option's Treatment *Works.*

Ideal Option has been providing evidence-based treatment for substance use disorder using FDA-approved medications — the gold standard in addiction treatment — for more than 10 years.

Self-reported outcomes gathered via survey of nearly 1,300 Ideal Option patients after a minimum of 6 months of treatment show:



Lab-testing results* on nearly 14,000 patients who remained in Ideal Option's treatment program and stayed on their prescribed medications show:



To download our annual reports, visit
idealoption.com/patient-outcomes

To watch videos and read patient success stories, visit
idealoption.com/patient-stories

*Source: Ideal Option 2021 Annual Report Patient Outcomes

Getting to *Maintenance*

Our goal at Ideal Option is to get you stabilized onto your prescribed medication and into long-term recovery.

This chart shows you how to make progress from one stage of treatment to the next.

Think of your treatment plan as a journey. You may experience open roads and clear weather, or you may encounter traffic jams, bumps in the road, or detours. In any case, persistence, patience, and expert guidance will enable you to reach your destination of long-term recovery.



STAGES OF TREATMENT

INITIATION

You are a new patient, restarting treatment after a lapse, or not yet stabilized on buprenorphine.

 **2**
Visits Every Week

 **3**
Day Rx

STABILIZATION A

You are starting to feel stable on buprenorphine and have reduced your use of opioids.

 **1**
Visit Every Week

 **7**
Day Rx

STABILIZATION B

You are stable on buprenorphine and have stopped your use of opioids, but you may still be using other non prescribed substances.

 **1**
Visit Every 2 Weeks

 **14**
Day Rx

MAINTENANCE A

You are completely stable on buprenorphine and abstinent from all non prescribed substances.

 **1**
Visit Every 3 Weeks

 **21**
Day Rx

MAINTENANCE B

You have long-term stability on buprenorphine and abstinence from all non prescribed substances.

 **1**
Visit Every Month

 **28**
Day Rx

GRADUATION CRITERIA

*Verified by diagnostic test

- ✓ No Withdrawal Symptoms
- ✓ Reduced Cravings
- ✓ Taking Buprenorphine*
- ✓ Reduced Opioid Use*

- ✓ No Withdrawal Symptoms
- ✓ No Cravings
- ✓ Taking Buprenorphine*
- ✓ No Opioid Use*
- ✓ No Non Prescribed Benzos or Sedatives*

- ✓ No Withdrawal Symptoms
- ✓ No Cravings
- ✓ Taking Buprenorphine*
- ✓ No Opioid Use*
- ✓ No Non Prescribed Benzos or Sedatives*
- ✓ No Stimulants*

- ✓ No Withdrawal Symptoms
- ✓ No Cravings
- ✓ Taking Buprenorphine*
- ✓ No Opioid Use*
- ✓ No Non Prescribed Benzos or Sedatives*
- ✓ No Stimulants*

Common Questions

How much will treatment cost?

Ideal Option is a privately-held, tax-paying corporation, not a public health agency or non-profit organization. Therefore, in order for us to remain operational and in compliance with federal regulations, we must collect payment for all services we provide.

If you have Medicaid, Medicare, TriCare, or private insurance, we can typically direct bill your insurance plan. Most Medicaid plans do NOT have a co-pay. If your plan requires a co-pay, deductible, or co-insurance, we must collect the full amount at each visit. If you are unable to cover your co-pay or installment payment, you will be required to meet with a financial counselor prior to seeing your provider.

Why do you do lab testing?

At every visit you will likely be asked to provide a lab sample so your provider can see exactly what substances are in your system. Complete abstinence from illicit substances is not a requirement for staying in our program, and we never share your test results unless you give us permission.

To keep you safe:

Some medications used for treating addiction can be dangerous when taken in combination with illicit substances or other prescription medications. To ensure your safety, we need to know what is in your system. As an added precaution, you should also tell your provider what medications and/or substances you are taking before they prescribe you anything new.

To ensure you are taking the medication we prescribe:

Medication-assisted treatment is proven to be more effective than any other type of treatment, but it only works if you are taking your medication as prescribed. We are also regulated by the federal government to ensure that controlled substances like Suboxone® are being taken by our patients and not being given or sold to others.

When will my prescription be ready?

Many of the medications we prescribe at Ideal Option are controlled substances. This means that while we work hard to get prescriptions processed quickly, we do need to follow a strict process to stay in compliance with regulations and sometimes this can take longer than you might expect.

Here's how you can help:

Be patient: While most prescriptions are sent to your pharmacy in less than 8 hours, some prescriptions can take up to 24 hours.

Treat your medication with care: We are typically unable to replace lost, stolen, or damaged medication.

Plan ahead: We cannot provide early fills on medications or guarantee when your pharmacy will have your prescriptions ready for pick up. We strongly recommend choosing a pharmacy that is open evenings and weekends.

Don't be a stranger: In most cases, we cannot fill your medication without seeing you and collecting a urine sample.

If you have consented to text messaging, you will receive a text message as soon as your prescription is sent to the pharmacy. Please allow time after you get the alert for your pharmacy to fill your prescription. Contact your pharmacy before going to pick it up to confirm they have your prescription ready.

If you have not received a text message about your prescription after 24 hours from your appointment or would like to sign up for alerts, please call our patient care team at 1-877-522-1275 or email info@idealooption.net.



Roadmap to *Recovery*

Recovery isn't a brief chapter in your life; it's a lifelong journey, and it often unfolds in phases. In each phase, you feel more stable, more grounded, more confident and accepting of yourself. You're able to accomplish more and reach higher. The early phases are about finding your footing. Later, you find your groove and shift to forward motion. Eventually, you're off and running — at your own pace.

PHASE 1:

Stabilizing on Suboxone

Your only job in this first phase is to take your medication every day, exactly as instructed by your provider. The medication helps restore your brain chemistry, affording you the chance to rebuild your life. Patients often call Suboxone “magic” or “a miracle,” but its effectiveness can have a downside: Some patients feel so good that they take less than they need and slip back into active addiction. Taking the full dose once a day, every day, is essential. It takes 5-7 days to build up sufficient medication levels in your blood to fully eliminate withdrawal symptoms and cravings. That's when you can look out on the horizon, see possibility, and feel hope.

PHASE 2:

Attending to Your Health

Once you are stable on your medication, be sure to get evaluated for any health issues, mental and physical, that may have gone undiagnosed or untreated. Many people learn they have contracted HEP-C or sexually transmitted infections. Others may have a mental health condition such as bipolar disorder or depression, while others need to have teeth extracted and replaced. A visit with a primary care physician is the best place to start. A dental visit is important, too.



PHASE 3:

Setting Your Boundaries

Setting boundaries between you and people who use drugs will protect your recovery. Be prepared to change your phone number, delete your social media account, move to a new town, and even cut ties with long time friends and family members. If you don't cut ties completely, you may find yourself sucked back into substance use quickly.



PHASE 4:

Finding Your Groove

It's time now to develop new routines and healthy behaviors that will anchor your recovery. In this phase, you work on filling each day and dealing with stressful situations in a healthy way. Ask yourself what activities you enjoyed before your addiction. Did you enjoy listening to music? Gardening? Drawing? Hiking? Cooking? This is a time to try different activities and see what sticks. This is your opportunity to focus on healing, and walk away from previous patterns that are destructive.



PHASE 5:

Repairing and Rebuilding

Once you've settled into a healthy daily rhythm, you're ready to tackle the harder stuff. This rewarding phase is all about rebuilding — both your self-esteem and your relationships. You will examine how your life went awry, learn how to forgive and love yourself, apologize to those you have hurt, and share your joy and regret with those you care most about.



PHASE 6:

Finding Your Purpose

In this phase, you've fully rejoined the world. Though you will always be “in recovery,” your life no longer revolves around it. You're fully engaged in life and able to dream again. What do I want from life? What is fulfilling to me? Those are the questions you think about in this phase of recovery. Is your purpose to be a good parent? To have a full-time job? To further your education and help others in recovery? A world of opportunity is now open to you!





We're Here to Help

Our patient care team is available Monday-Friday from 4am - 8pm (Pacific time) and Saturday-Sunday from 8am - 6pm (Pacific time).

To...

Change or make an appointment as an existing patient

Enroll as a new patient

Inquire about a prescription

Speak with a nurse

Get financial assistance

Ask questions about your bill

Request your medical records

Speak with a patient care representative

Call or Visit...

1-877-522-1275 or
www.idealoption.com

1-877-522-1275 or
www.idealoption.com

1-877-522-1275

1-877-522-1275

1-877-522-1275

1-877-522-1275

1-877-522-1275

1-877-522-1275

Select Option...

Press option #1 then #2
Click "Request Appointment"

Press option #1 then #1
Click "Request Appointment"

Press option #1 then #3

Press option #1 then #6

Press option #1 then #5

Press option #1 then #5

Press option #1 then #4

Press option #1 then #6



Ideal Option

www.idealoption.com
1.877.522.1275