

HELP DESTROY SUBSTANCE ABUSE



Over the last 10 years, the U.S. has seen a dramatic increase in the number of overdose deaths caused by substance abuse, most notably opioids. Opioids are chemically related and interact with opioid receptors on nerve cells in the brain and nervous system to produce pleasurable effects and relieve pain. When used properly, these painkillers can help many people manage acute and chronic pain. But when people abuse these medications, they often become dependent or addicted.

TREATMENT PROGRAMS

Through your health insurance, you have access to a number of drug and care management programs, clinical pain specialists, and a large network of treatment facilities. If you need treatment, using an in-network provider helps you get the best value from your plan and keep your out-of-pocket costs down.

Talk to your doctor or call a Blues On CallSM at 1-888-BLUE-428 (1-888-258-3428) for support or other treatment options. You can also use the Find a Doctor tab on your member website to find in-network treatment facilities or call Member Service for assistance at 1-800-652-9451.



DID YOU KNOW?*

- More than 630,000 people have died from a substance overdose in the past 17 years.
- More than 40 percent of all U.S. opioid overdose deaths involve a prescription opioid.
- More than 46 people die every day from overdoses involving prescription opioids.
- Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them.
- In many cases, options are available to manage your pain that do not involve prescription opioids or substances that may work better and have fewer risks and side effects.

*Data according to the Centers for Disease Control (CDC)

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

BAA ÁKONÍNÍZIN: Diné k'ehgo yáníłti'go, language assistance services, éi t'áá níík'eh, bee níká a'doowoł, éi bee ná'ahóót'i'. ID bee nééhózingo nanitiniígí bine'déé' (TTY: 711) ji' hodiilnih.

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