



Doing our part to help prevent opioid abuse

It's true, opioid abuse is a growing concern in America.¹⁻² You may be taking (or have taken) a prescribed opioid like oxycodone or hydrocodone to help relieve pain. Drugs like these are generally safe when taken exactly as directed, but can become harmful—or even fatal—if they're misused. That's why we share in the nationwide effort to help reduce opioid abuse by helping you safely take opioids while managing your pain.



As many as

1 in 4

people taking prescription opioids long term struggles with addiction³

Fighting the nation's opioid crisis together¹⁻²

To combat the national crisis, the Centers for Disease Control and Prevention's (CDC) *Guideline for Prescribing Opioids for Chronic Pain* updated how health care providers can better manage pain, including safer ways to use opioids. And as your pharmacy benefit manager, we're taking action based on the CDC guideline to help prevent opioid abuse with your utmost safety in mind.

How we help you safely use opioid medication

1. Setting a coverage limit for up to seven days if you are new to therapy.*†
2. Limiting opioid medication amounts for new or ongoing therapy covered by your plan.†
3. Ensuring the use of short-acting opioids before using long-acting ones.†
4. Offering patient education and counseling from CVS Pharmacy[®] pharmacists.



More than

1K

people are treated in the emergency room daily for not using prescription opioids as directed³

Balancing risks and benefits¹⁻²

Prescription opioids can manage short-term pain like after a surgery or injury. But, they may not work as well long-term to manage chronic pain. Plus, you're more likely to overdose or become addicted from using opioids for a long time. And overdose can cause serious health problems or even death.

Other treatments like exercise or non-opioid pain relievers with less serious risks may be an option for you. Work with your doctor to find the safest ways to best manage your condition.

Take steps to safely use opioid medication¹⁻²

- Always take your medication exactly as instructed by your doctor
- Never share your opioids with others
- Avoid alcohol and certain medications that may interact with your opioids
- Review your medication list with your doctor or pharmacist
- Follow up regularly with your doctor
- Store opioids in a secure place and lock it up, if possible
- Properly get rid of unused opioids through take-back programs like the CVS Caremark[®] Medication Disposal for Safer Communities Program



Proper medication disposal is easier with 1,550 kiosks at CVS Pharmacy stores across the country. To find a location near you, visit [CVS.com/content/safer-communities-locate](https://www.cvs.com/content/safer-communities-locate).

*Based on history of an opioid prescription

†Prior authorization may be requested for certain medications to extend limits on quantity or days supplied or if claims history does not meet current program requirements; duration limit does not apply to patients in active cancer treatment, palliative care or end-of-life care.

Source:

1. Promoting safer and more effective pain management. U.S. Centers for Disease Control and Prevention. https://www.cdc.gov/drugoverdose/pdf/Guidelines_Factsheet-Patients-a.pdf. Accessed January 10, 2018.
2. Prescription opioids: What you need to know. U.S. Centers for Disease Control and Prevention. Published May 9, 2016. <https://www.cdc.gov/drugoverdose/pdf/aha-patient-opioid-factsheet-a.pdf>. Accessed January 10, 2018.
3. Prescription opioid overdose data. U.S. Centers for Disease Control and Prevention. Last updated August 1, 2017. <https://www.cdc.gov/drugoverdose/data/overdose.html>. Accessed January 10, 2018.

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