

# The Truth about Prescription Painkillers

**Do you take opioids?** Prescription opioid drugs – also called painkillers, opiates or narcotics – are prescribed by doctors for medium to severe pain. They can provide relief when over-the-counter medicine can't.

The truth is, opioids can also be dangerous and if not taken correctly, may put you at risk for addiction, abuse or even death.

## Opioid dos and don'ts

### DO

- Take your drug exactly as prescribed.
- Tell all your doctors you are taking an opioid drug.
- Have only one doctor prescribe and only one pharmacy fill your opioid drug prescription. Review with him or her how to take your drug safely.
- Keep all drugs out of the reach of children and pets.
- Learn how to throw away unused drugs the right way. Ask your pharmacist or police department for information.
- If you feel that a drug is making you sick, call your doctor right away. Also, talk with your doctor if you want to change or stop taking your opioid prescription drug. Only your doctor can change your dose or prescribe a different drug.

### DON'T

- Do not take higher or extra doses. This can cause slow breathing and even death.
- Do not drink alcohol or take a muscle relaxant or sleeping pills with your opioid drug.
- Do not drive after you take an opioid drug. It may make you feel drowsy or confused.
- Do not cut or crush your opioid drug.

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To get no-cost, private information about substance abuse, call the Substance Abuse and Mental Health Services Administration (SAMHSA) hotline at 800-662-4357 (800-662-HELP) (TTY users call 800-487-4889), 24 hours a day, 7 days a week.

## myStrength can help

In response to the growing opioid epidemic, myStrength created a guided program that offers 24/7 access to clinically proven resources. myStrength is a private, no-cost online resource that provides stress-relief tools designed for you to improve mental and physical health. These tools can help you manage pain and live an active life. The program provides low-risk and effective ways to help manage most types of chronic pain.

myStrength can help you:

- Get information about pain control options beyond medication.
- Improve your relationship with your doctor and increase your sense of control.
- Focus on the goals of pain treatment for your wellness.
- Learn how to be mindful, stay active and think positive.

CalViva Health members can learn more about myStrength by logging in to <https://bh.mystrength.com/hncalviva>

## Nurse Advice Line

The Nurse Advice Line is a service that offers no-cost health coaching and nurse advice over the phone. You can talk to a nurse about health problems and treatment choices 24 hours a day, 7 days a week. You can also get tips to feel better at home when you are sick. CalViva Health members can access the Nurse Advice Line by calling the number listed on their member ID card.

To learn more, call the Health Education Information Line toll free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 a.m. to 5 p.m., excludes weekends and holidays.

For questions about your CalViva Health benefits, call the Member Services toll free at **888-893-1569 (TTY: 711)**, 24 hours a day, 7 days a week.



myStrength includes:

- Mood-lifting tools.
- Weekly action plans.
- Step-by-step learning tools.
- Daily motivators.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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