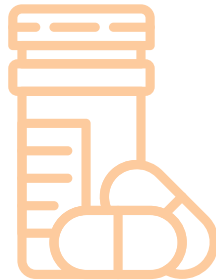


AMERICA'S OPIOID EPIDEMIC BY THE NUMBERS

OPIOID
PRESCRIPTIONS
BCBS COMMERCIALY
INSURED MEMBERS



29%



(2013–2017)

558 → 394 RX

(PER 1,000 MEMBERS)

OPIOID USE DISORDER

241,900

BCBS MEMBERS SUFFERED FROM
OPIOID USE DISORDER IN 2017

OPIOID PRESCRIPTIONS IN 2017

WITHIN CDC-RECOMMENDED DOSE
AND DURATION GUIDELINES*

FIRST TIME USE
BY MEMBERS

67%

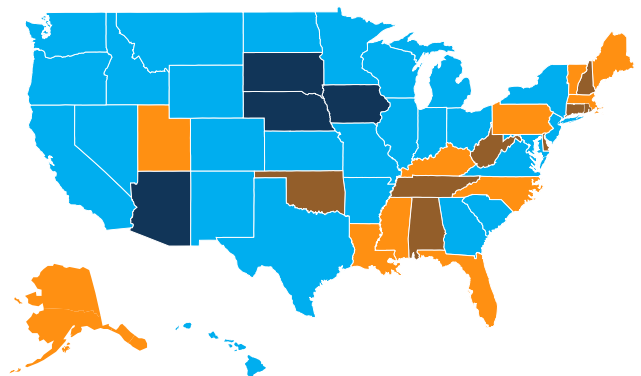
TOTAL USE
BY MEMBERS IN A YEAR

45%

*CDC dose and duration guidelines are used as a measurement for appropriate prescribing. Recommendations include prescribing opioid medications: for 7 days or less; under 50 morphine milligram equivalents per dose.

OPIOID USE DISORDER PER 1,000 MEMBERS BY STATE (2017)

■ <3 ■ 3–6 ■ 6–9 ■ >9



To read the full report on Opioids, [click here](#).

Prescribed an opioid? Start a conversation.



QUESTIONS TO ASK YOUR DOCTOR

1. Is an opioid prescription right for me?
2. How long should I take it?
3. Could it interact with my other medications?
4. What should I do with unused opioids?
5. What if I still feel pain?
6. What if I experience side effects?

ADDITIONAL CONSIDERATIONS

- Acetaminophen and ibuprofen and non-drug alternatives may be more effective for pain relief than opioids.
- It may be best to start with the lowest dose and smallest quantity of pain medication. Then, follow up with your doctor on how well it's working for you.
- Medications that treat anxiety, sleeping issues or seizures could interact with opioids.
- A drug take-back program near you may be available.
- Call your doctor immediately if you experience excessive sleeping or crave more medication. These may be serious side effects.

All tips and advice here are recommended by the U.S. Food & Drug Administration (FDA). The FDA provides helpful resources to raise awareness of opioid use and addiction.

Information above is found within the BCBSA study that examines opioid prescription rates, opioid use patterns and opioid use disorder among commercially insured BCBS members.

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