



**PENSION HOSPITALIZATION AND BENEFIT PLAN
JOINT INDUSTRY BOARD OF THE ELECTRICAL INDUSTRY**

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HARRY VAN ARSDALE JR.
Founder

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of the Electrical Industry

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As you may be aware, our nation is facing an alarming increase in opioid prescription use, misuse, addiction and deaths from prescription opioid overdoses. Several states, including New York State, have passed laws to help protect us from the dangers of opioid prescription misuse.

The Trustees of the Pension, Hospitalization and Benefit Plan are committed to offering you high-quality healthcare. In support of this goal, we are working in partnership with our plan's prescription benefit manager, Express Scripts, to limit the potential risks associated with prescription opioids. Opioids can be very effective for managing pain but are also very powerful. They can also cause a number of side effects and, in some patients, can lead to dependence.

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How does the new service work?

The new service that will be provided directly by Express Scripts is designed to help you make good decisions about taking opioid medications. If you are prescribed an opioid medication, Express Scripts may contact you or your physician by mail or phone to offer assistance and tips that we hope will help you maintain healthy habits for taking your medication as prescribed. They have also put steps in place to make sure you are receiving the appropriate opioid prescription.

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Attached is an information sheet on opioids from the Centers for Disease Control and Prevention (CDC) that can help you stay safe.

Sincerely,

Trustees of the Pension,
Hospitalization and Benefit Plan

A dose of reality

Important facts and tips to help you stay safe.

Millions of people are prescribed opioids because they're an effective treatment for pain when taken correctly. But because they can be addictive, it's important to take them as prescribed. Here are a few more tips to help with your treatment:



Understanding your medicine

Please talk with your doctor or pharmacist about your medicine if you have any questions, like:

- How long should I take my medicine?
- What are the side effects and how do I manage them?
- What should I do if my pain gets worse?



Safely handling your medicine

- Don't share medicine with anyone, even if they have symptoms like yours. Sharing medicine with others is illegal.
- ALWAYS store your medicine in a secure place where children can't reach it.
- Search "opioid disposal" at [FDA.gov](https://www.fda.gov) to learn how to dispose of your medicine properly.



Important restrictions

- Don't mix your medicine with alcohol. It can have serious side effects.
- Make sure your doctor knows all medicines you're taking, including over-the-counter medicine and sleeping pills.
- Pain medicine can impair your driving. Talk with your doctor to see if you're safe to drive while taking this medicine.

Did You Know?¹

More overdoses are caused by **prescription medicine** than **illegal drugs**.

70% of abused prescription medicine is **provided by**, or **stolen from**, friends and family.

Over 22% of opioid deaths involve **alcohol**.

Side effects of opioids can include **constipation, dizziness, nausea and** drowsiness.

Mixing other medicine with opioids can be dangerous - even over-the-counter **vitamin supplements**. Please talk with your doctor or pharmacist if you have questions.

¹The Centers for Disease Control and Prevention (CDC)