



Compass Rose Health Plan Compass Connection

High Option

Summer 2024

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Tips for Managing Multiple Medications

Have you noticed that the more meds you take, the more difficult it is to keep track of them? You're not alone. Managing several medications can be confusing and even frustrating. And misusing medications by skipping a dose or taking them at the wrong time can decrease effectiveness or cause potentially serious side effects.

To help you keep track, our pharmacy team gave us their top 3 tips for managing multiple medications.



Tip # 1: Take Your Medications as Prescribed

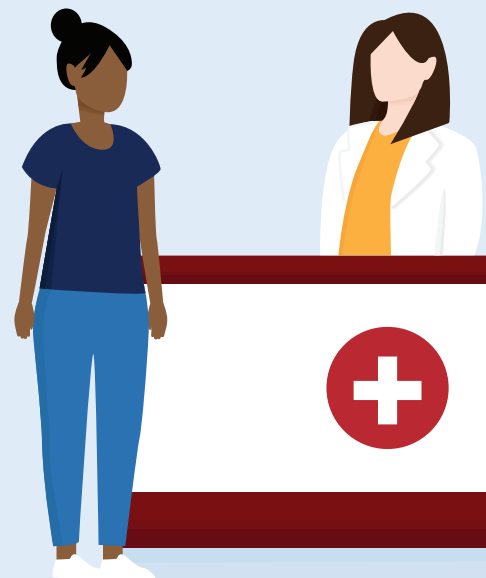
Make sure you understand the medications you are taking by talking with your provider or pharmacist. They can help you track any potential side effects or drug interactions.

Bonus Tip: Some medications should be taken with food, and some may require you take them on an empty stomach. Before taking any medications, take note of how they should be administered.

Tip # 2: Use One Pharmacy for Medications

One pharmacy means one place to store all your information. Your pharmacist can also help you keep track of drug interactions and answer your questions about each medication.

If you are unable to use one pharmacy, make sure each pharmacist is aware of all of your medications.



Looking for More Tips?

If you've been diagnosed with a health condition, you know there's more that goes into your health beyond managing medications. You can find more education and tips on our website's Condition Resources section at compassrosebenefits.com/condition-resources.

Tip # 3: Use a Pill Organizer

If you take multiple medications, a pill organizer can help make sure you get the right dose at the right time. Some pillboxes have tabs for days of the week, along with a morning, noon and night compartment.

Bonus Tip: You have access to ExactCare, a pharmacy that does all of the organizational legwork for you. You'll receive your medications packaged by day and time, delivered monthly at no extra cost. Plus, you can set up medication reminders and track when you've taken your medications with ExactCare's secure, online portal. Learn more about ExactCare at exactcarepharmacy.com.



Compass Rose Living Well: An Extra Layer of Support

From time to time, everyone has questions about their medications, and pharmacists are a great resource to answer common questions.

As an extra layer of support, our Living Well team can provide tools and tips to help you stay organized as well as education and counseling to help you safely manage your medications and conditions. Learn more about how Living Well nurses can help you meet your health goals at compassrosebenefits.com/LivingWell.

Do's and Don'ts When Taking Opioids

Opioids are powerful drugs. When used correctly, they can effectively treat moderate to severe pain following surgery or injury.¹ In the last 30 years, the use of opioids to treat chronic issues dramatically increased. Even though these medications may be prescribed by a doctor, opioid addiction and overdose is still a potential side effect.

Here's a list of do's and don'ts to help you better understand the risks associated with prescription opioids.



Do: Avoid Taking Opioids from Multiple Providers

After a surgery or injury, a well-rounded treatment plan may involve multiple providers, like a surgeon, primary care provider and physical therapist. It is important for you to inform your providers about all your medications, as some can interact to cause serious harm, including overdose and death.

Prescribed opioids should come from one prescriber and one pharmacy when possible.

Having multiple prescribers increases the risk for overdose.



Do: Properly Dispose of Opioids

Instead of letting your prescription bottles gather dust, clean out your medicine cabinet when you no longer need them. Keeping opioids around the house poses a risk for family members or pets to access them. Visit [fda.gov/DrugDisposal](https://www.fda.gov/DrugDisposal) for instructions on drug take-back days, permanent collection sites and how to dispose of medications without leaving your home.

Don't: Mix Opioids

Opioids are powerful drugs meant to treat pain. When you mix them with other medications, like sleep aids or benzodiazepines (like Xanax or Valium), the risk of overdose or other serious side effects increases dramatically. Avoid mixing these medications unless prescribed together by the same health care provider. You should also avoid alcohol consumption when taking opioids.

Facts About the Opioid Epidemic

In 2022, **107,941** people died from drug overdoses, which is **296** overdoses each day. Nearly **76%** of those overdose deaths involved an opioid.²

Do: Ask Your Provider About Opioid Alternatives

Prescription opioids can help manage some types of pain in the short term. However, there's not enough information about the benefits of opioids long term, and there are serious risks of opioid use disorder and overdose, particularly with high doses and long-term use.³

We encourage you to talk to your provider about non-opioid alternatives, such as:

- Physical therapy
- Acupuncture
- Chiropractic care
- Massage therapy
- Injection therapy

Your health care team can help identify the best ways to treat your pain. Together, you should discuss the goals for your treatment and how much relief you can expect from the different options.



Preparing for Surgery? We're Here for You.

Compass Rose Living Well can help manage your care as you transition from the hospital to physical therapy and back home. This free and confidential program can help evaluate your treatment plan, answer questions about your conditions, coordinate communication between providers and much more.

To get started, call **(866) 368-7227 (option 5)** 9 am to 5 pm ET Monday – Friday or email us at **wellness@compassrosebenefits.com**.

Learn more at compassrosebenefits.com/LivingWell.

Sources:

¹ Centers for Disease Control and Prevention. <https://www.cdc.gov/overdose-prevention/about/prescription-opioids.html>

² Centers for Disease Control and Prevention. <https://www.cdc.gov/overdose-prevention/prevention/index.html>

³ Centers for Disease Control and Prevention. <https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm>

Turning 65? Enhance Your Benefits with Compass Rose Medicare Advantage

Turning 65 is a big milestone! Whether you are welcoming grandchildren into your family, closing in on retirement or traveling the world, there is so much to look forward to in this next chapter. With all the exciting life events happening around your 65th birthday, you may not be thinking about your health care coverage.

We've helped make health care coverage simpler for you: you can remain enrolled in the FEHB Program and enhance your current benefits with Compass Rose Medicare Advantage. Compass Rose Medicare Advantage, a UnitedHealthcare® Group Medicare Advantage (PPO) plan, is designed exclusively for retirees enrolled in Medicare Parts A and B as well as the High Option Compass Rose Health Plan.

Why choose Compass Rose Medicare Advantage?

Compass Rose Medicare Advantage offers all the benefits of the High Option Compass Rose Health Plan and Original Medicare Parts A and B, plus:

- \$125 Part B premium subsidy
- Reduced prescription drug co-pays
- Renew Active® Fitness Program¹
- Hearing, Dental and Vision coverage
- \$40 per quarter over-the-counter benefits²



Compass Rose Tip

You don't have to wait for Open Season to enroll in Compass Rose Medicare Advantage.

If you are a retiree currently enrolled in the High Option Compass Rose Health Plan and Medicare Parts A and B, you can enroll in Compass Rose Medicare Advantage at any time throughout the year. Visit us at compassrosebenefits.com/MedAdvantage.



How to Enroll

Call our dedicated Compass Rose Medicare Advantage line with UnitedHealthcare to enroll at **(844) 279-9286, TTY 711**, 8 a.m. to 8 p.m. local time, Monday through Friday.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

¹Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership. Equipment, classes, personalized fitness plans and events may vary by location. Certain services, classes and events are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. The Renew Active program varies by plan/area.

²Over-the-counter benefits have expiration timeframes. Call the plan or refer to your Evidence of Coverage (EOC) for more information.

Join Our Board of Directors

Do you want to have a say in Compass Rose Benefits Group's offerings? We are actively seeking candidates for our 2025 Board of Directors!

Compass Rose Board members are elected by their peers, fellow health plan members like you. The Board meets approximately six times per year in Reston, Virginia. There are 4 open positions with 3 incumbents running for re-election.

The Board of Directors election will be held in November 2024. Those elected will serve a three-year term beginning January 2025.

If you are interested, please submit a brief personal biography (550 words or less) and a statement of interest no later than September 30, 2024.

Visit compassrosebenefits.com/boardapplication to submit your application.



MISSION FINANCIAL SOLUTIONS

Inflation, the persistent rise in the prices of goods and services, can significantly impact the cost of living for individuals and families. When inflation rates are higher, the purchasing power of money diminishes, leading to several consequences that affect people's daily lives. From groceries to housing, transportation to health care, the ripple effects of inflation touch every aspect of our economy and, consequently, every individual's wallet.



Read more:

<https://bit.ly/CRBGSummer24>

* The information on the Mission Financial Solutions website is for educational purposes and the opinions and information is provided by the publisher (Horowitz & Company) and is not the opinion of Compass Rose Benefits Group or its affiliates.



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Medical Claims

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Provider Precertification

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(800) 808-4424

Prescription Drug Program

Optum Rx®
(800) 557-5785
compassrosebenefits.com/OptumRx

Doctor On Demand

(Telehealth)
(800) 997-6196
compassrosebenefits.com/DrNow

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