



Compass Rose Health Plan Compass Connection

Medicare Advantage

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.

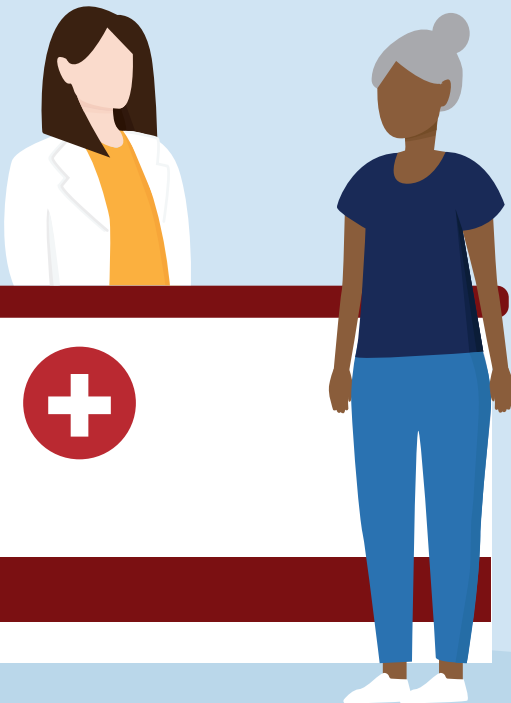
Looking for More Tips?

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 # 2: Use a Pill Organizer

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

Bonus Tip: Keep the original medication bottles to keep track of the prescription name, expiration date and dosage.

**Tip # 3: 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.

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.



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.

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.



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

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>

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.

Don't: Share Your Meds

Most people who misuse prescription drugs get them from family and friends. Keep your medicines safely stored in a medicine cabinet, out of reach from young children or pets. Do not leave any pills laying around or share medicines with a loved one, even if you have the same dose. If you are out of your medicine, contact your pharmacist or provider to refill your prescriptions.

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.



Stay Healthy with Let's Move

by UnitedHealthcare®

Let's Move by UnitedHealthcare is a wellness program to help keep your mind, body and social life active. With simple resources, tools, fun events and personalized support, Let's Move helps you explore ways to eat well, stay connected and be financially, physically and mentally fit.



Let's eat well.

Treat yourself to tasty recipes, fun cooking events and support.



Let's be mentally fit.

Support your mental health with services, online tools and resources.



Let's get fit.

Get free access to at-home workouts, participating gyms and local fitness events.



Let's make friends.

Find ways to connect through local and online events, classes, volunteering and more.



Let's live well.

Learn ways to help manage your financial well-being.



Let's support.

Find caregiver resources to help you support loved ones and yourself.

Visit letsmovebyuhc.com to get started today.

What is included in the program?

Let's Move by UnitedHealthcare includes resources, tools, fun events and personalized support focused on nutrition, physical activity, mental health, social well-being, caregiver well-being and financial wellness. The program provides education and resources and invites you to participate in health and wellness activities to help you live a healthy lifestyle. You get access to virtual cooking demonstrations, exercise classes, wellness topic webinars, articles and resources, wellness challenges, volunteer opportunities and more.



This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease. This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. 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.

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.



Compass Rose Health Plan

11490 Commerce Park Drive, Suite 220
Reston, VA 20191

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Medical Claims

UnitedHealthcare
Monday – Friday: 8am to 8pm
(844) 279-9286 TTY: 711

Compass Rose Benefits Group

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compassrosebenefits.com

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