



Compass Rose Health Plan Compass Connection

Standard Option

Summer 2024

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Finding Quality Health Care Providers

One of the most important relationships you have is with your primary care provider. They know your complete medical history and are your first point of contact in the health care system. Choosing the right provider is a critical decision and impacts your overall wellbeing now and in the future.

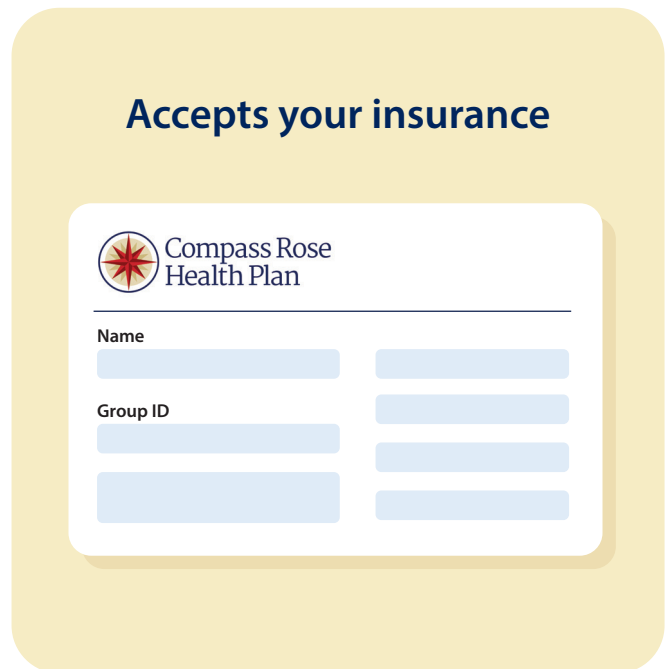
Whether you are looking for a primary care provider or specialist, we can help you find a quality provider while staying in network. The best place to start is by searching our Provider Directory at compassrosebenefits.com/UHC.

We want to make sure you find a provider who:

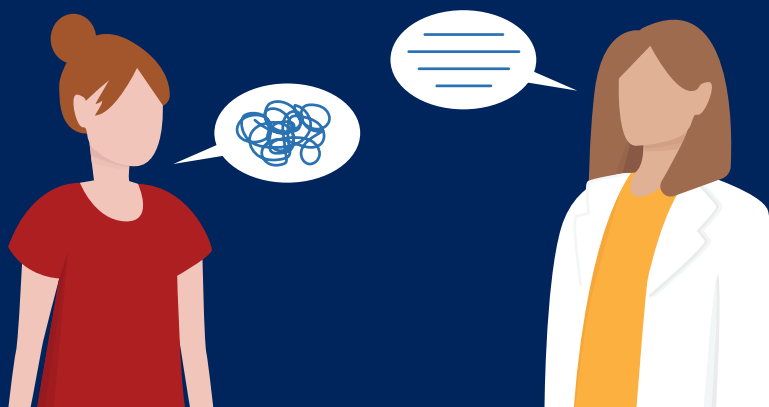
Treats you with respect



Accepts your insurance



Listens to your concerns, encourages you to ask questions and explains things in ways you understand





Compass Rose Tip: Stay In-Network

The Standard plan **does not** provide coverage for out-of-network care.* Be sure to use our Provider Directory to ensure the providers you see are in-network.

* Except in certain situations, like emergencies.



Visiting Premium Care Physicians

To help narrow down your search for a provider, we encourage you to look for **premium care physicians**.

Premium care physicians meet quality care criteria, which includes safe, effective and efficient care. Plus, they can help you save money on your co-pays!

All of this leads to better care and lower out of pocket costs for you.

Premium Care Physicians have two blue hearts next to their names within the Provider Directory.

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>

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.



1. 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.

2. Take Medications as Prescribed

Make sure you understand the medications you are taking by talking with your provider or pharmacist. They can help you learn how to take your prescriptions safely and effectively.

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.

3. 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.

Looking for More Tips?

There's more to a health condition beyond managing medications. You can find more education and tips on our website's Condition Resources section at compassrosebenefits.com/condition-resources.

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.

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 and are compensated for their time. 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

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Medical Claims

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Compass Rose Benefits Group

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Provider Precertification

UMR
(800) 808-4424

Prescription Drug Program

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

Doctor On Demand

(Telehealth)
(800) 997-6196
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