

Welcome

Today's presentation will begin shortly.

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Addressing the Opioid Epidemic. Strategies for Prevention and Treatment.

Wellness on the
Run Webinar



Agenda

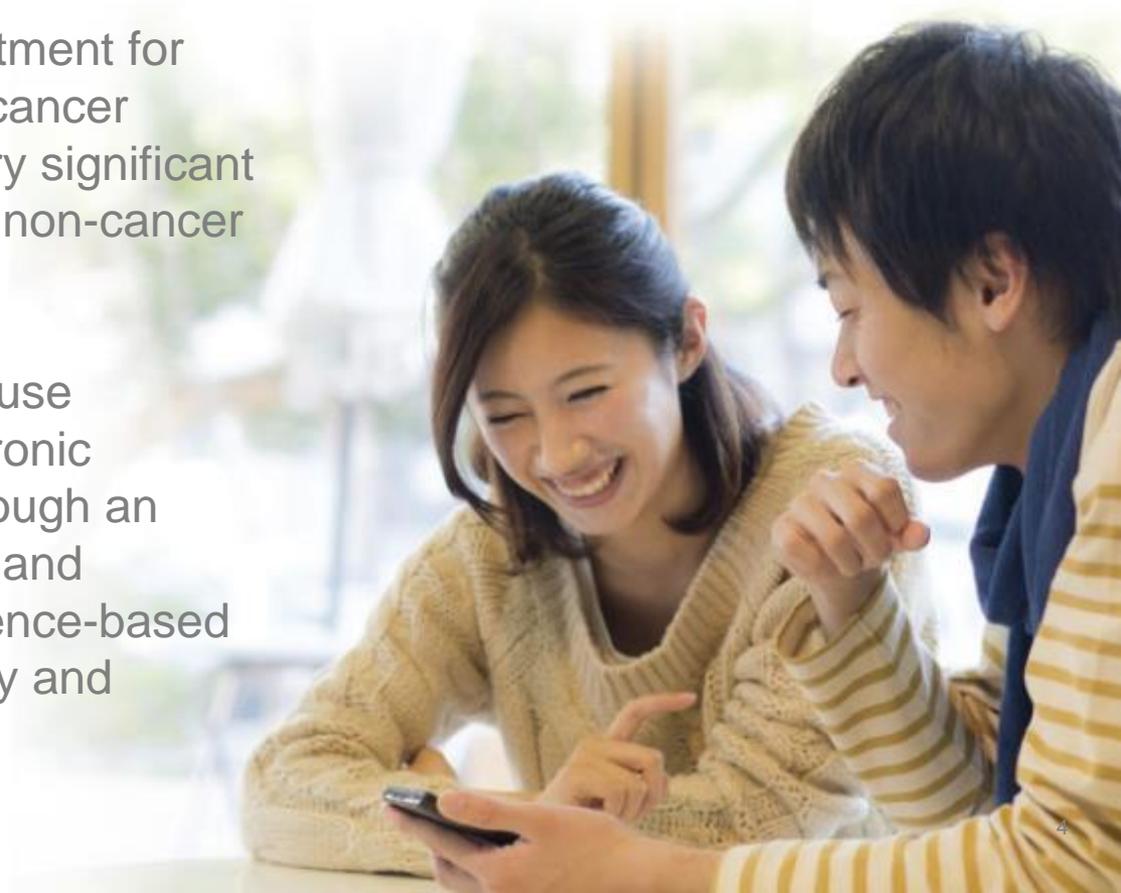
- The Opioid Epidemic and the Impact on the Workplace
- Strategies for Prevention and Treatment
- Resources to Create a Safe Workplace Environment



Opioids and Substance Use Disorders

Opioids are a class of drugs commonly prescribed to relieve pain. Opioids include prescription drugs such as morphine and codeine (categorized as natural opioids); hydrocodone and oxycodone (semi-synthetic forms); synthetic drugs such as methadone and fentanyl; and heroin, an illegally-made opioid synthesized from morphine.

- Opioids are an effective treatment for acute pain syndromes, and cancer related chronic pain, but carry significant risks when used for chronic, non-cancer pain conditions.
- Opioid and other substance use disorders are considered chronic diseases, best managed through an integrative approach to care and services, and requiring evidence-based treatment to maintain stability and recovery.



5 Facts About Opioid Abuse and the Unexpected Impact on Your Workforce

1. Drug overdose is the leading cause of accidental death in the U.S. **Every day, 90 people in the U.S. die from overdose involving opioids.**¹
2. Drug misuse and abuse **causes 2.5 million emergency department (ED) visits a year.** Of these, more than 1.4 million ED visits were related to prescription drugs.²
3. The total economic burden was estimated to be **78.5 billion** in 2013. Over one third of this amount was due to increased health care and substance abuse treatment costs (\$28.9 billion), most of which was covered by insurance. One fourth was due to lost productivity (\$20 billion). The approximate cost due to fatal overdoses accounted for \$21.5 billion in health care and lost productivity.³
4. In 2012, **259 million prescriptions were written for opioids**, which is more than enough to give every American adult their own bottle of pills. The rate of prescribing has decreased since then but is still 3 times higher than 1999 and still means there are enough prescription opioids out there for every man, woman and child to be taking them around the clock for 3 weeks.⁴
5. Young adults are the most at-risk age group for opioid use disorders, but baby boomers who are prescribed opioids are **4x more likely** to misuse them.



Strategies for Prevention
and Treatment

Our Commitment

We are committed to taking a leadership role in addressing the national opioid epidemic:

- We aim to reduce the amount of opioids dispensed among their members **by 30 percent** from historic peak levels by the end of 2019.
- We will **double the number** of consumers who receive behavioral health services as part of medication-assisted therapy (MAT) for opioid addiction.
- We are **committed to supporting providers** in their care of our members; recognizing the importance of patient engagement, and prescribing practices that balance treating chronic pain while minimizing risks for misuse and diversion.



What We're Doing Today

Our company is expanding and refining a comprehensive suite of services to address the rising rate of substance use disorders across the country.

At the core of the strategy are the following fundamental objectives:

1. *Addressing prescription opioid management,*
2. *Prevention, early identification and treatment of opioid addiction,*
3. *Defining strategies to address non-pharmacologic chronic pain management,*
4. *Preventing fraud, diversion, and abuse of opioids.*



Our Opioid and SUD Strategy:



Prescription opioid management

- Promoting coordination of care and ensuring appropriate medication access:
- Limiting, initial prescriptions for short-acting opioids
- Requiring prior authorization for all long-acting opioids
- Covering MAT for members
- Introduced a Pharmacy Home program



Early identification and treatment

- Minimize risks and enable earlier identification:
 - Care Management support
 - Improving MAT access in rural areas through PCP recruitment
 - Peer recovery support services
 - Expanded care and treatment options through telehealth
 - CSUM Program



Address chronic pain management

- Provide access to additional evidence based tools:
 - Access to online consumer tools, such as mobile apps, decision-support tools, and support groups
 - Offer a variety of coverage for non-pharmacologic approaches to pain management including:
 - Physical Therapy
 - Osteopathic Manipulation
 - Pain management programs
 - Cognitive behavioral therapy



Preventing fraud, diversion, and abuse

- Leverage data mining and analytic capabilities:
 - Review of high volume pharmacies
 - Partner with law enforcement to monitor claims for potential fraudulent or abusive behavior
 - Monitoring potential “doctor shopping”
 - Investigating “pill mills”

A man in a light blue shirt and tie is looking at his smartphone in an office setting. The background is blurred, showing another person. An orange banner is overlaid on the left side of the image.

**Resources to Create a Safe
Workplace Environment**

Addressing Opioids at Your Workplace

Educate Your Team

- Distribute materials and have an open dialogue about treating opioid abuse.

Know the Options

- Use your EAP and other health plan resources, suggest talking to a PCP and become more familiar with the condition by using expert resources like ASAM and SAMHSA.

Be Compassionate

- If you suspect that someone is abusing opioids or has a family member struggling with this issue, ask an HR professional, or a qualified third party, to sit with you while you have a private conversation with the employee.

Exercise Confidentiality and Discretion

- Your employees must be assured their communications with HR and care providers will be treated as private.



Upcoming Wellness on the Run Webinars

Next Webinar: Kick the habit. Reducing tobacco in the workplace.

Date: Wednesday, August 23rd, 2017

Time: 2:00 PM Eastern Daylight Time

Register on Time Well Spent today!

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Save the Date: Sept 20th - The stress factor: how to manage stress and depression in the workplace.

2017 DocTalks

Your employees can get health tips with our free DocTalk webinars!
DocTalk webinars are available to all members and their spouses.

September 12, 2017 12:00 pm. & 3:00 p.m. EDT	Heart Health Sanjay Lall M.D., F.A.C.C. Medical Director
October 10, 2017 12:00 pm. & 3:00 p.m. EDT	Diet, Nutrition and Weight Loss Presenter: Richard M. Lachiver, MD, MPH, FACPM Regional Vice President and Medical Director
December 12, 2017 12:00 pm. & 3:00 p.m. EDT	LiveHealth Online: Telehealth on The Cutting Edge Presenter: Sharon S. Boose, Sales Director, LiveHealth Online, Anthem, Inc.

Questions?

