Concerned About Opioid Abuse?
Here's What You Should Know

Have you or a loved one been prescribed opioid painkillers and worry about misusing them? It's a common concern. An estimated 2.1 million people in the U.S. are suffering from substance abuse related to these powerful pain relievers. Knowing the facts and seeking help early could be a lifesaver! Health Advocate can help. Here’s what you should know.

What are opioids?
Opioids are powerful prescription pain relievers like hydrocodone (e.g., Vicodin) or oxycodone (e.g., OxyContin or Percocet). They're often prescribed after an injury or surgery.

What's the concern?
- Opioids are addictive and easy to misuse. Anyone can become addicted.
- Taken over time, opioids can produce serious mental and physical effects that can interfere with the ability to function normally. They can also create a constant need to take the drug which can result in overdose or even death.
- Once addicted to opioids, many people have switched to heroin or Fentanyl—a synthetically made opioid that's more potent than heroin, and often obtained as an illegal narcotic.
- Fentanyl is responsible for increasing overdose deaths.

How can you protect against opioid misuse?
Spotting the signs of abuse early can lead to successful interventions. Look for these warning signs:
- **Drowsiness.** Nodding off during a conversation, meeting, class or dinner.
- **Inability to focus.** Poor concentration can result in impaired performance and missed days at work or school.
- **Loss of relationships.** People misusing painkillers may be isolated or associate mainly with others with similar addictions.
- **Physical changes.** Signs include: small pupils, itching or flushed skin, an unkempt appearance, confusion, slurred speech, or frequent flu-like symptoms.

Turn to Us
Even if only one or two of these signs apply to you or a loved one, remember that taking opioids beyond a doctor's prescription places people at risk for overdosing. Call Health Advocate without delay. Our Licensed Professional Counselors can help identify the right doctors and facilities that treat addiction and find support groups.

Penn Employee Assistance Program
We help support your life

866.799.2329
Email: EAPInfo@HealthAdvocate.com
Web: HealthAdvocate.com/upenn

University of Pennsylvania Non-Discrimination Statement
The University of Pennsylvania values diversity and seeks talented students, faculty and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, color, sex, sexual orientation, gender identity, religion, creed, national or ethnic origin, citizenship status, age, disability, veteran status or any other legally protected class status in the administration of its admissions, financial aid, educational or athletic programs, or other University administered programs or in its employment practices.

Plan Governance
The selected benefit highlights in this brochure are based on Plan documents that govern the operation of the Plans. If there is any conflict between the information presented here and the information in the Plan documents, the Plan documents always govern and are the controlling legal documents. Benefits descriptions are not terms of employment, nor are they intended to establish a contract between the University and its faculty and staff. Plan documents are available for inspection in the Benefits Office. Copies are available for a small copy fee. The University reserves the right to change, amend, or terminate any of its Benefit Plans for any reason at any time.

©2019 Health Advocate    HA-CEM-1901033-2.8FLY