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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Safeguarding members in painMore than 90 Americans die each day as a result of opioid abuse and addiction. About half of these deaths are caused by misuse of opioid prescriptions.Premera Blue Cross is helping prevent opioid addiction at the time of prescription. You can be sure that if your doctor prescribes opioids to control pain, the prescription you receive minimizes the risk for misuse or addiction.Our opioid prescription policies:* Align with the latest guidelines from the Centers for Disease Control and Prevention (CDC)
* Were developed with input from healthcare providers

Premera takes great pride in serving the communities across the United States. As a health plan, we are working to reduce the opioid crisis by:* Helping reduce the likelihood of addiction at the time of prescription

Providing treatment options to members with opioid use disorderTIPHave leftover opioids or other prescription medicine? Here’s [how to safely dispose of it](https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Disposal). |
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