TUFTS Health Plan

Tufts Health One Care (a Medicare-Medicaid plan) would like to let you know the importance of using opioids safely, alternate options to opioids, and the signs of an overdose all found below:

Use opioids safely

Opioids can work very well to ease pain. Using opioids as directed lowers the chances of side effects, addiction, abuse and overdose. It can be harmful if you take too much opioid medication, take it too long or don't take it the right way. Here are some opioids safety tips:

- Talk with your doctor or pharmacist about opioids and how to take them.
- Read any materials your pharmacist gives you with the medication.
- Talk with your doctor if you have any side effects, questions or concerns.
- Use a drug log, app or calendar to keep track of when you take your medicine.
- Don't take someone else's opioids or share yours with others.
- Don't drive or use dangerous equipment or power tools when you take opioids.
- Tell your health care provider and pharmacist about **all** the medicines you take. That includes over-the-counter drugs, herbal remedies and supplements. They can tell you if it is safe to take opioids with your other drugs.
- **Never** drink alcohol or use illegal or street drugs when you take opioids. Combining them can be fatal.

Symptoms of opioid overdose

Opioids affect the part of the brain that controls breathing. An overdose of opioids can slow breathing down too much. It can even stop a person's breathing. Some signs of an overdose include:

- Very small pupils, called pinpoint pupils
- Breathing that has slowed or stopped
- Unconsciousness

Call 911 right away if you think you or someone is overdosing.

Options to opioids

Tufts Health One Care covers services and drugs that can be used instead of opioids to manage pain. Services include, but are not limited to:

- Spinal manipulation
- Acupuncture
- Physical therapy
- Nutrition counseling

Other covered drugs that can help ease pain that your doctor can prescribe include, but are not limited to, non-steroidal anti-inflammatory drugs, such as:

- Celecoxib
- Ibuprofen (prescription and over-the-counter)

For more about opioid safety, visit hhs.gov/opioids/prevention/index.html.

If you have any questions or concerns, please call us at **855-393-3154** (TTY: 711), seven days a week, from 8 a.m. to 8 p.m. You can also visit us at TuftsHealthOneCare.org.

Tufts Health One Care is a health plan that contracts with both Medicare and MassHealth to provide benefits of both programs to enrollees.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call **855-393-3154** (TTY: 711), seven days a week, from 8 a.m. to 8 p.m. The call is free.

Atención: Si habla *español*, tiene disponible los servicios de asistencia de idioma gratis. Llame al **855-393-3154** (TTY: 711), siete días de la semana, de 8 a.m. a 8 p.m. La llamada es gratuita.

You can get this document for free in other formats, such as large print, braille, or audio. Call **855-393-3154** (TTY: 711), seven days a week, from 8 a.m. to 8 p.m. The call is free.
