

April 2020 Alcohol Awareness





Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Alcohol Awareness.

Improve Your Alcohol Awareness

Excessive use of alcohol places your health at risk. About 88,000 people die each year from drinking too much. For people, in the U.S., too much alcohol can shorten a life by 30 years.

Alcohol abuse can lead to brain damage, liver disease, heart failure, irregular heartbeat, high blood pressure and stroke. It can also play a role in impotence. But, drinking moderately can be safe, as long as you act responsibly. Moderate drinking is defined as up to one drink per day for women and up to two drinks per day for men.

Just a couple of drinks can harm your driving skills. Driving under the influence is thought of as driving drunk because you are not in a sober state of mind. About 2 out of 3 Americans will be involved in an alcohol-related crash in their lives. Someone is killed by a drunk driver about every 51 minutes.

To help avoid accidents:

- Plan ahead and always choose a sober driver.
- Don't get behind the wheel if you have been drinking.
- Don't let people you know drive if they've been drinking take the keys.
- Call a taxi, use mass transit or get a sober friend to pick you up.
- Stay where you are and sleep it off until you are sober.
- When hosting a party, offer alcohol-free drinks.

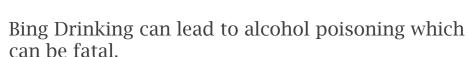
Source: Center for Disease Control and Prevention

Binge Drinking

Binge Drinking is defined as having 4 or more standard drinks (for women) and 5 or more standard drinks (for men) on a single occasion (2-3 hours).

According to the Centers for Disease Control and Prevention:

- Although college students commonly binge drink, 70% of binge drinking episodes involve adults age 26 and older.
- Binge drinkers are 14 times more likely to report driving under the influence than non-binge drinkers.
- Almost 90% of the alcohol consumed by youth under the age of 21 in the US is in the form of binge drinking.



Source: https://preventionlane.org/what-is-binge-drinking



Outpouring of Support

Have you or someone you know ever felt you should cut down on your drinking? If so, it's possibly a sign of a drinking problem. Alcohol abuse can lead to brain damage, heart failure, irregular heartbeat, high blood pressure and stroke, and can contribute to impotence.

If you think you have a drinking problem or know someone else who does, you can get help from the following resources:

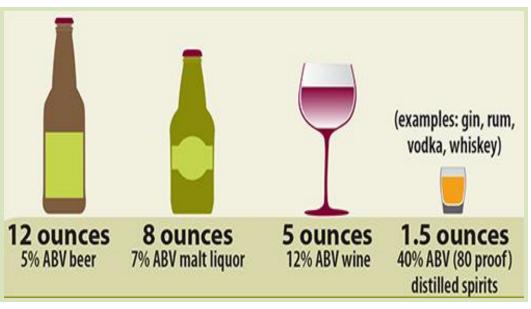
- Al-anon/Alateen
- Alcoholics Anonymous (AA)
- National Association for Children of Alcoholics (NACOA)
- National Clearinghouse for Alcohol and Drug Information (NACADI)

If alcohol is a problem, see a doctor or other health care provider right away.



Alcohol Use and Your Health





In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12-ounces of beer (5% alcohol content)
- 8-ounces of malt liquor (7%alcohol content)
- 5-ounces of wine (12% alcohol content)
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits of liquor (e.g., rum, vodka, whiskey)

What is excessive drinking?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

- Binge drinking, the most common form of excessive drinking, is defined as consuming
 - For women, 4 or more drinks during a single occasion.
 - For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
 - o For women, 8 or more drinks per week.
 - o For men, 15 or more drinks per week.

Most people who drink excessively are not alcoholics or alcohol dependent.

What is moderate drinking?

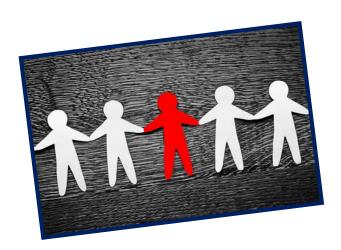
The Dietary Guidelines for Americans defines moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men. In addition, the Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.

However, there are some people who should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-thecounter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.

By adhering to the Dietary Guidelines, you can reduce the risk of harm to yourself or others.

Changing Attitudes



Alcoholism is a chronic and progressive disease that can be fatal if not treated. April was established as the month of focus on alcohol awareness by The National Council on Alcoholism and Drug Dependence (NCADD) beginning in 1987.

The goal of Alcohol Awareness Month is to educate the public, increase awareness, encourage people to reach out to the public with information about alcoholism and recovery and to help reduce the stigma that is often associated with the disease of alcoholism.

Source: https://www.clearviewtreatment.com/blog/alcohol-awareness-month/

The Impact of Stigma on Alcoholism Recovery

Alcohol is a powerful, high addicting drug. In our society, drinking is very socially acceptable, but some people become physically and psychologically dependent on alcohol and are unable to stop using it without help.

Many people think of an alcoholic as someone who lives on the street, drinking hard liquor out of a paper bag, or a person who is at the bar every night, but these are extreme examples and not typical of all alcoholics. There are many variations and degrees of alcoholism, and many people are able to live seemingly functional lives in spite of being dependent on alcohol.

An alcoholic continues to drink in spite of negative consequences, such as job loss, relationship problems or legal problems. Knowing there is a stigma attached to being called alcoholic stops many people from trying to get the help they need to recover.



Source: https://www.clearviewtreatment.com/blog/alcohol-awareness-month/

Did You Know?

Live Well, Work Well



BlueCross BlueShield of Texas

Confused About Where to Go for Care?

Smart health care choices may save you money.

Sometimes it's easy to know when you should go to an emergency room (ER). At other times, it's less clear. Where do you go when you have an ear infection, or you are generally not feeling well? The emergency room can be an expensive option. The chart below may help you figure out when to use each type of care.

When you use Blue Cross and Blue Shield of Texas (BCBSTX) in-network providers for your family's health care, you usually pay less for care. Search for in-network providers in your area at bcbstx.com or by calling the Customer Service number on the back of your member ID card.



Retail Health Clinic

- Based upon retail store hours
- · Usually lower out-ofpocket cost to you than urgent care
- · Often located in stores and pharmacies to provide convenient, low-cost treatment for minor medical problems



- · Generally includes evenings, weekends and holidays
- · Often used when your doctor's office is closed, and there is no true emergency
- · Average wait time is 11-20 minutes³
- · Many have online and/or telephone check-in



Hospital ER

- · Open 24 hours, seven days a week
- Average wait time is 4 hours, 7 minutes⁴
- If you receive care from an out-of-network provider, you may have to pay more. Providers outside the network may "balance bill" you, which means they may charge you more than your health plan's fee schedule.
- Multiple bills for services such as doctors and facility



ER

- · Open 24 hours, seven days a week
- · Could be transferred to a hospital ER based on medical situation
- · Services do not include trauma care
- · Many freestanding ERs are out-of-network. If you receive care from an out-of-network provider, you may have to pay more. Providers outside the network may "balance bill" you, which means they may charge you more than your health plan's fee
- All freestanding ERs charge a facility fee that urgent care centers do not. You may receive other bills for each doctor you see.5

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Nurseline¹

The 24/7 Nurseline can help you identify some options when you or a family member have a health problem or concern. Nurses are available at 800-581-0393, 24 hours a day, seven days a week, to answer your health questions. 24/7 Nurseline is available to you at no additional cost as part of your health plan.



Doctor's Office

- · Office hours vary
- · Generally the best place to go for non-emergency
- Doctor-to-patient relationship established and therefore able to treat, based on knowledge of medical history
- Average wait time is 24 minutes²



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If you need emergency care, call 911 or seek help from any doctor or hospital immediately.

- 1 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.
- ² Medical Practice Pulse Report 2009, Press Ganey Associates
- ² Urgent Care Benchmarking Study Results. Journal of Urgent Care Medicine, January 2012.
- * Emergency Department Pulse Report 2010 Patient Perspectives on American Health Care. Press Ganey Associates.
- *The Texas Association of Health Plans.

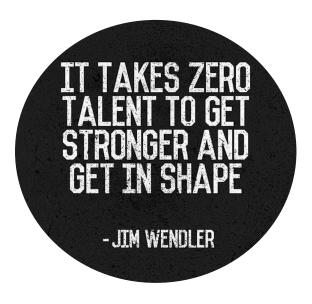
Note: The relative costs described here are for independently contracted network providers. Your costs for out-of-network providers may be significantly higher. Wait times described are just estimates.

The information provided in this guide is not intended as medical advice, nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the information provided. Coverage may vary depending on your specific benefit plan and use of network providers. For questions, please call the number on the back of your member ID card.

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Let's Get Moving!

Move of the Month



#WallSitMonth

@100daysofcleaneating #mindovermunch

2 min 40 sec 10 seconds April 16 April 1 April 2 20 seconds 2 min 50 sec April 17 April 3 30 seconds April 18 3 minutes April 4 40 seconds April 19 3 min 10 sec April 20 3 min 20 sec April 5 50 seconds 3 min 30 sec April 6 1 minute April 21 1 min 10 sec April 22 3 min 40 sec April 7 1 min 20 sec April 23 3 min 50 sec April 8 1 min 30 sec April 9 April 24 4 minutes April 10 1 min 40 sec 4 min 10 sec April 25 1 min 50 sec April 26 4 min 20 sec April 11 2 minutes 4 min 30 sec April 12 April 27 April 13 2 min 10 sec April 28 4 min 40 sec April 14 2 min 20 sec April 29 4 min 50 sec April 30 April 15 2 min 30 sec 5 minutes!

Last Month's Events:

Door Prize Winner:

March 10, 2020

<u>"Kidney Awareness"</u>

Juan Ozuna- City of Mission Mug





Upcoming Events:

