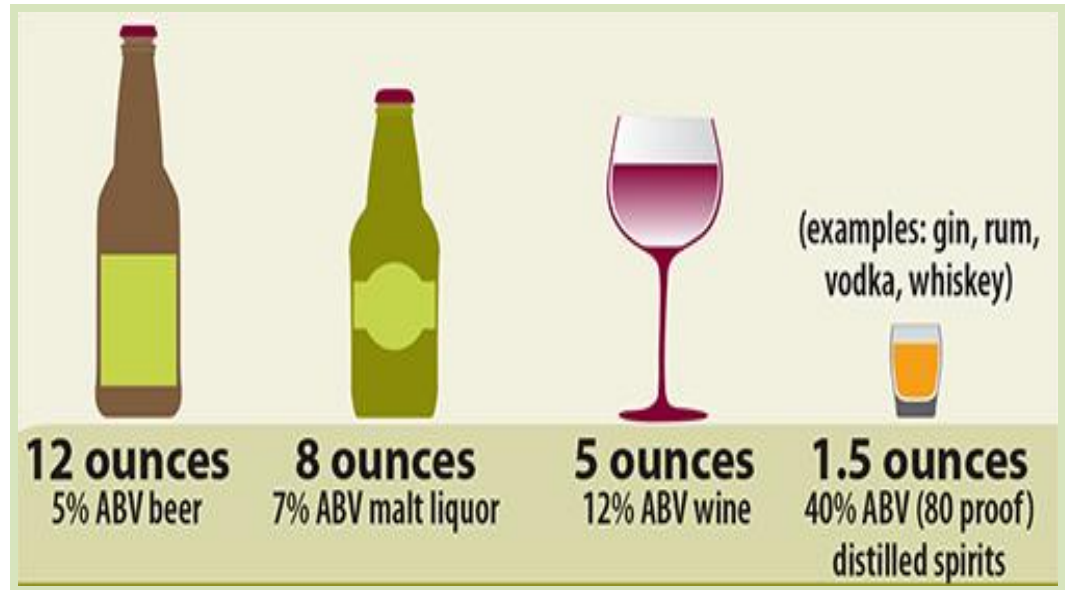


Alcohol Use and Your Health

Less **Drinking**
, More
Thinking



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
 - For women, 8 or more drinks per week.
 - For men, 15 or more drinks per week.

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

What is moderate drinking?

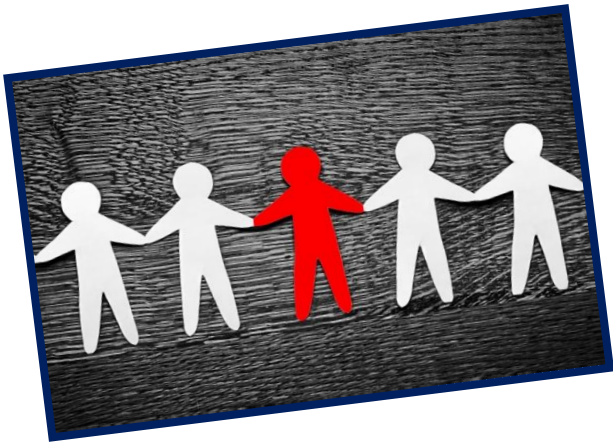
The Dietary Guidelines for Americans defines moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men. In addition, the Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.

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-the-counter 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?



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.



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.

³ Urgent Care Benchmarking Study Results, Journal of Urgent Care Medicine, January 2012.

⁴ Emergency Department Pulse Report 2010 Patient Perspectives on American Health Care, Press Ganey Associates.

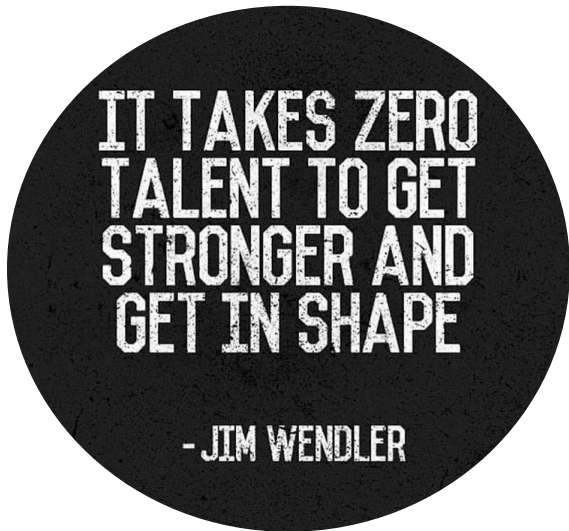
⁵ The Texas Association of Health Plans.

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.

Let's Get Moving!

Move of the Month



#WallSitMonth

@100daysofcleaneating
#mindovermunch

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

Last Month's Events:

Door Prize Winner:

March 10, 2020
"Kidney Awareness"
Juan Ozuna- City of Mission Mug

Upcoming Events:

