



## Did You Know?

The Centers for Disease Control and Prevention (CDC) has officially called prescription drug abuse an epidemic. Although medication is generally safe when taken as your doctor prescribes, misusing any drug is dangerous. Know the facts about prescription drug abuse:

- ❖ Accidental prescription drug overdoses have more than quadrupled over the past 16 years.
- ❖ People who abuse prescription medication often get the drugs from a friend or relative.
- ❖ Having prescription pain medications in your home increases your risk for theft.

**To discuss benefits, coverage or claims  
payment concerns, contact  
Customer Service at:**

**PPO/PDP 1-800-541-8981 HMO 1-855-552-8896**

**To report suspected Medicare  
Part C or D fraud, call:**

**1-877-7SAFERX (1-877-772-3379)**

# Do Your Part

Take these steps to protect yourself and family and to prevent prescription drug misuse and abuse from happening in your home.

- ❖ Take medication only as directed by your doctor.
- ❖ Lock up medications at risk for abuse such as pain and anti-anxiety medications, sleeping pills and stimulants.
- ❖ Keep medication in the original container with the label attached.
- ❖ Always store your medication in the same place and keep track of how much you have taken so you know if any is missing.
- ❖ Dispose of all unused and expired medications appropriately. Your pharmacist can tell you how!

Visit [www.awarerx.org](http://www.awarerx.org) to learn more about prescription drug abuse and safely storing your medications.

**For questions about Medicare or  
for more information, call:  
1-800-MEDICARE (1-800-633-4227)  
[www.cms.gov](http://www.cms.gov)**