Member Educational Materials for April

National Health Observance: Alcohol and Substance

Abuse Awareness Month

April's Health Observance is Alcohol and Substance Abuse Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- Alcohol use disorder
- Substance use disorder
- Living tobacco free tips
- Vaping

Substance use disorder

When you hear the phrase "substance use disorder," you might also think of substance abuse, addiction or dependence. While each term is similar, they have some differences. You see, many who may misuse substances may not have a substance use disorder. That said, 21 million Americans do struggle with a substance use disorder in some capacity.¹ Their condition may not be controlling their life, but it's a health risk, nonetheless, and may be a reason to warrant getting help.² It's important to understand what substance use disorder is so you can recognize it and try to get people help as soon as possible.

What is a substance use disorder?

You might be wondering what's considered a substance. A substance is anything that has mood and mind-altering effects. Things like, alcohol, pain medications and illegal drugs. A substance use disorder is a medical condition that may affect the brain and body.³ Someone with a substance use disorder has to meet certain criteria in order to get a formal diagnosis. Some of those criteria may include the regular use of substances even though it might negatively impact that person's quality of life (like failure to meet major responsibilities or poor health).⁴

Remember, substance use disorder is a disease – not a failure of will or weakness of character.⁵ It can be serious and life-threatening. The good news? It may be treatable. In fact, many people can recover if they seek the proper counseling right away. Call the 24-hour Substance Use Helpline at **1.855-780-5955** / TTY 711 to speak with a licensed clinician.⁹



Health Tip Flier of the Month: Living Tobacco Free (English & Spanish)

UnitedHealthcare Health Tip Fliers may be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flier on Living <u>Tobacco Free (English & Spanish)</u>.

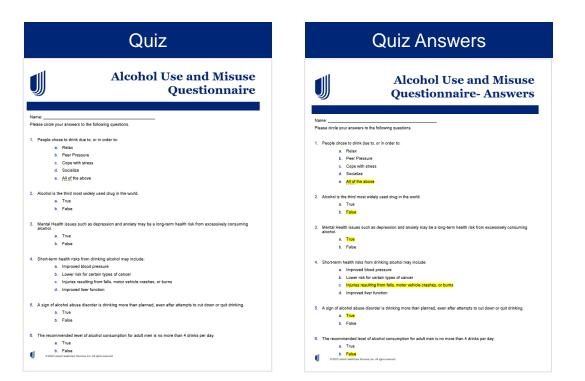
UnitedHealthcare Health Tip	UnitedHealthcare Consejo de Salud
Health tip: Living tobacco free	Consejo de salud: Vivir sin consumir tabaco
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Member Educational Materials for April

United at Work Presentation of the Month: Understanding Alcohol Use & Misuse

Click <u>here</u> for the Understanding Alcohol Use & Misuse education presentation where we will take a closer look at facts to know about alcohol use and misuse, as well as the reasons why people choose to drink. We will also discuss the potential health concerns associated with over drinking and offer resources to seek help.





Click here for the entire United at Work catalog.

Member Educational Materials for April

Rally Mission of the Month: Drink in moderation

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, Drink in moderation.

Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare. Use the Rally Member Flier linked below to help promote Rally to members.

