

# Opioids: Guidelines and Facts

Opioid pain medications, such as oxycodone, hydrocodone and codeine, are prescribed to treat pain from injuries or illnesses. However, taking these medications over a long period of time can lead to negative effects. These effects can include dependency and addiction.



## TIPS FOR TAKING OPIOIDS RESPONSIBLY:



**Take your medications as they are prescribed by your provider**

**Talk to your provider if your pain level does not improve**

**Ask your family and friends for support**



**Take more medications without asking your provider**

**Stop taking your medications without talking to your provider**

**Give your medications to others**

There are other options for pain management instead of opioids. Some options include:



Exercise and stretching



Therapy (physical, occupational, mental health, chiropractic)



Non-opioid pain medicine (Tylenol®, Advil® and Aleve®)



Social support groups



Talking to your provider

If you have any questions, please reach out to MeridianComplete (Medicare- Medicaid Plan) Member Services at **1-855-580-1689** (TTY users should call **711**), **Monday – Sunday, 8 a.m. to 8 p.m.**

Sources:  
[www.cdc.gov](http://www.cdc.gov)  
[www.dhs.state.il.us](http://www.dhs.state.il.us)  
[www.va.gov](http://www.va.gov)

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).