

**Did you know over 4,000 Californians died of an opioid overdose in 2016? Overdose deaths by prescribed opioids were five times higher in 2016 than in 1999 in the U.S.**

Opioids like hydrocodone, oxycodone, and morphine can be used to treat and ease pain. They also come with heavy risks. Addiction and death from overdose can happen when taking prescribed opioids for a long time or at high doses.

The Centers for Disease Control and Prevention (CDC) says that a first opioid prescription should be for one week or less. This can lower the risk of habit or long-term opioid use. You can learn more at [cdc.gov/rxawareness/index.html](http://cdc.gov/rxawareness/index.html).

SFHP wants our members to use opioid meds safely. We have started a 7-Day limit on our member's first prescription for a short-term acting opioid for pain. This will lower the risk of opioid addiction.

## Chronic Opioids

Our new plan only affects the first opioid prescription that a member gets.

The 7-Day limit does not affect any member who has picked up an opioid prescription in the past six months (180 days) through SFHP.

This plan covers all short-acting opioids:

- Codeine, codeine/acetaminophen (Tylenol® with Codeine #3 or #4)
- Hydrocodone/acetaminophen (Norco, Vicodin®)
- Hydromorphone (Dilaudid®)
- Morphine, oxycodone, oxycodone/acetaminophen (Percocet®)
- Oxymorphone, tramadol (Ultram®)
- Tramadol/acetaminophen (Ultracet®)

## Questions?

Call Customer Service at **1(415) 547-7800**. Monday–Friday, 8:30am to 5:30pm.