



## Alcohol and drug addiction Not a character weakness — a treatable disease.

### Why wouldn't you treat a life-threatening disease?

It's hard to acknowledge that you or a loved one may have a problem. You may feel it's a character weakness that needs to be hidden. But alcohol and drug addiction is a disease, and it's treatable. Almost one-third of adults in the U.S. will experience a substance use disorder at some time in their life.<sup>1</sup> Yet only 20 percent get help, due to the stigma associated with the disease.<sup>1</sup> However, if it were any other life-threatening illness, you would seek care right away. You and your family can beat this. And we can help.

### Everyone's unique — and their treatment should be too.

Seeking treatment is the first important step. But understanding different types of treatment and knowing where to go are just as critical. It can be confusing. Some private, upscale treatment centers promote spa-like amenities and guarantees of recovery. These should be avoided.<sup>2</sup> The truth is, everyone is unique. Each individual should be evaluated by a trusted licensed doctor to be sure that their treatment plan is designed around their individual needs and follows clinical best practices.

### A licensed clinical advocate just for you — any time.

To help make this process as effective and easy as possible, we have introduced our Substance Use Treatment Helpline program. It's managed by a highly specialized group of licensed clinicians. They are experts in supporting you and your family in getting the appropriate help you need — almost immediately.



# Substance Use Treatment Helpline 1-855-780-5955

This confidential service is provided at no added cost to you. It is part of your health benefit. Your personal information will be kept confidential in accordance with state and federal laws.

Call the number above or visit:  
[liveandworkwell.com/recovery](http://liveandworkwell.com/recovery)

## It starts with a single call — and we stay with you for up to six months.



Our specialized licensed clinicians are available 24/7.



**1**

Take the time to fully understand your personal situation and guide you on the next steps most helpful to you

**2**

Educate you on appropriate treatment options and types of providers

**3**

Arrange a face-to-face clinical evaluation for you by a trusted licensed substance use treatment provider — usually within 24 hours



The provider will conduct a thorough evaluation, create a personalized treatment strategy designed just for you and get you to the treatment you need.



The credentialed treatment center will provide clinically appropriate care. The center can arrange for family support services as needed.



We assign a dedicated licensed care advocate to you and your family. He or she will provide ongoing support for up to six months to help ensure the best chance of recovery.

1. Grant BF, Goldstein RB, Saha TD, Chou SP, et al. Epidemiology of DSM-5 alcohol use disorder: results from the National Epidemiologic Survey on Alcohol and Related Conditions III. *JAMA Psychiatry*. June 3, 2015.

2. Fletcher AM. *Inside Rehab: The Surprising Truth About Addiction Treatment — and How to Get Help That Works*. New York, NY: Viking; 2013.



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