



# HEALTH & WELLNESS NEWS

## New federal data: Oregon is No. 2 in country for addiction; falls to 50th in access to treatment

PORTLAND, ORE. — New 2020 data from the National Survey on Drug Use and Health, conducted by the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health & Human Services, reveals:

- Oregon now ranks second in the country for substance use disorder — up from fourth in 2019 — with 18.22 percent of the population suffering from addiction to alcohol and/or drugs. That’s nearly one in five Oregonians.
- Oregon fell to 50th in access to treatment, with 18.08 percent of Oregonians needing, but not receiving treatment.
- Alcohol is by far Oregon’s biggest addiction problem, with 12.43 percent or about 420,000 Oregonians suffering from alcohol use disorder. Oregon ranks fifth nationally in alcohol addiction.
- Oregon ranks first in prescription opioid misuse (4.46 percent or 150,000 Oregonians), a 2 percent decrease from 2019.
- Oregon ranks first in methamphetamine use (1.93 percent or 65,000 Oregonians), a 53 percent or 23,000-person increase from 2019.

Additionally, the state’s Chief Medical Examiner, Dr. Sean Hurst, recently testified to the Oregon Legislature that between 2019 and 2020:

- Alcohol-related deaths in Oregon increased 73 percent.
- Drug overdoses were up 39 percent.
- Preliminary 2021 data (the first six months) suggest that addiction-related deaths in the second year of the pandemic will outpace the first year. ■

# HEALTH ALERT:

## FENTANYL IS KILLING OREGONIAN

Fentanyl is a dangerous opioid that's showing up in heroin, cocaine, street pills marked as Xanax and other drugs. It's involved in more overdose deaths than ever before.

! ANYONE USING DRUGS, EVEN CASUALLY, IS AT RISK.

Deaths from Opioid Overdoses Sky Rocket. Primarily Fentanyl, 80,000 in 2019

To avoid fentanyl

Don't use illegal drugs.

## GREAT CIRCLE RECOVERY

Call Today: 503-983-9900

Naloxone ALERT

Fentanyl-induced muscle rigidity

Is caused by fentanyl overdose and can kill you in 90 seconds.

Naloxone is ineffective on this conditions.

Fatal dose of Fentanyl

Fatal dose of carfentanyl

## GREAT CIRCLE RECOVERY

Methadone treatment center in Salem offering free kid care while you visit.

Opioid Addiction can happen to anyone. So can recovery.

Recovery starts here

## 503-983-9900

Take your life back

# COVID-19 TESTS- FAQs

AS YOU KNOW RECENTLY RELEASED GUIDANCE PROVIDES FOR OVER THE COUNTER (OTC) COVID TESTS WITHOUT A PRESCRIPTION AND USUALLY WITH NO OUT-OF-POCKET COST TO YOU. HERE IS WHAT YOU SHOULD KNOW.

- STARTING JANUARY 15, 2022 AND FOR THE DURATION OF THE PUBLIC HEALTH EMERGENCY, YOU CAN OBTAIN OTC, AT-HOME, DIAGNOSTIC COVID-19 ANTIGEN TESTS THAT HAVE BEEN AUTHORIZED, CLEARED OR APPROVED BY THE FDA.
- YOU ARE ALLOWED 8 TESTS PER 30-DAY PERIOD PER MEMBER. THERE WILL BE NO OUT-OF-POCKET COSTS WHEN YOU USE YOUR PHARMACY BENEFIT AND OBTAIN THE TESTS AT OPTUMRX CONTRACTED WALMART PHARMACIES. ADDITIONAL RETAIL PARTNERS WILL BE ADDED SOON.
- THESE LIMITATIONS DO NOT APPLY TO COVID TESTS ORDERED BY YOUR PROVIDER.
- IF YOU CHOOSE TO OBTAIN A TEST OUTSIDE THE PARTICIPATING WALMARTS, YOU WILL PAY FOR THE TEST AND YOU MAY SUBMIT A REQUEST FOR REIMBURSEMENT FOR THE ACTUAL PRICE OR UP TO \$12 PER TEST, WHICHEVER IS LOWER. YOU ARE RESPONSIBLE FOR ANY AMOUNT OVER \$12.
- REQUESTS FOR REIMBURSEMENT ARE MADE THROUGH YOUR PHARMACY BENEFIT USING THESE STEPS:
  - ACCESS CLAIM FORMS AT [HTTPS://WWW.OPTUMRX.COM/PUBLIC/INFORMATION-CENTER/PUBLIC-FORMS](https://www.optumrx.com/public/information-center/public-forms)
  - CLICK ON "CLAIM FORMS" & "ONLINE CLAIM FORM"
  - FOLLOW INSTRUCTIONS FOR ONLINE FORM OR DOWNLOAD THE FORM AND COMPLETE THE INSTRUCTIONS.
  - SHASTA CUSTOMER SERVICE CAN ASSIST
- REIMBURSEMENT IS NOT AVAILABLE FOR OTC COVID TESTS PURCHASED PRIOR TO JANUARY 15TH, 2022.
- CONTACT SHASTA CUSTOMER SERVICE AT (800) 441-4518 IF YOU HAVE ADDITIONAL QUESTIONS.

SHASTA

Administrative Services