

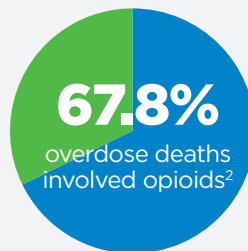
# SUPPORTING STEPS TOWARD OPIOID TAPERING



Cigna's new guide helps clinicians provide safe tapering from opioids and reduce the risk of addiction and overdose.

The facts are well-known, but still alarming.

In 2017, among 70,237 drug overdose deaths, **47,600** involved opioids.<sup>1</sup>



Higher prescribed opioid doses are associated with **overdose risk,<sup>2</sup> opioid use disorder (OUD), depression, fracture, motor vehicle accident, and suicide.<sup>3</sup>**

## Opioid tapering may help decrease these risks.

Helping your patients decrease or discontinue long-term opioid therapy can be challenging, especially for patients on high doses, with moderate to severe chronic pain, and with co-occurring mental health disorders.<sup>4</sup>

Cigna's Patient-Centered Safe Opioid Tapering Resource Guide provides primary care physicians with evidence-based clinical tools to promote effective care of high-risk patients who are taking opioids for pain management. The goal is to help decrease risks related to opioid use, and promote successful tapering.

## The resource guide includes:

- ▶ Evidenced-based treatment guidelines for tapering opioids.
- ▶ Validated assessment tools to assess and determine referral needs.
- ▶ Management of opioid withdrawal symptoms.
- ▶ Care coordination and referral recommendations.
- ▶ Considerations for managing opioids in pregnancy.
- ▶ Naloxone prescribing considerations.
- ▶ Substance use disorder relapse prevention and recovery tips.
- ▶ Provider-patient communication tools and resources.

Cigna's Patient-Centered Safe Opioid Tapering Resource Guide is just one more way we are working with our clinician partners to more effectively manage pain and reduce the risk of opioid addiction.



To learn more, download the full Resource Guide at [Cignaforhcp.com/OpioidResources](https://Cignaforhcp.com/OpioidResources).

Together, all the way.<sup>®</sup>



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1. Drug and Opioid-Involved Overdose Deaths — United States, 2013–2017, <https://www.cdc.gov/mmwr/volumes/67/wr/mm675152e1.htm> 2. Bohnert AS, Valenstein M, Bair MJ, Ganoczy D, McCarthy JF, Ilgen MA, et al. "Association between opioid prescribing patterns and opioid overdose-related deaths." JAMA 2011 Apr 6; 305(13):1315–21. Crossref PubMed. 3. Scherrer JF, Svrakic DM, Freedland KE, Chrusciel T, Balasubramanian, S, Buchholz KK, et al. "Prescription opioid analgesics increase the risk of depression." Journal of General Internal Medicine. 2014 Mar; 29(3):491–9. Crossref PubMed. 4. Manhapra A, Arias A, Ballantyne J. "The conundrum of opioid tapering in long-term opioid therapy for chronic pain: A commentary." Substance Abuse. 2018; 39(2):152–161. Crossref PubMed.

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