

Let's work together to put an end to opioid addiction

130

Americans die daily from opioid overdoses*

700%

Increase in annual cost of treating opioid addiction between 2004 and 2016**

90%

Those suffering from substance use disorders who don't seek help

\$23.7 billion

Annual cost to U.S. companies due to opioid-related medical and prescription expenses†

What is JUST 5?

JUST 5 is a workplace program designed to educate your employees about addiction, empower them to seek care, and provide them with tools to support others who may need help.

Numbers like these can't capture the true emotional and social costs of addiction.

But they do show why your business needs an opioid strategy. And that's why Highmark has teamed with Shatterproof, a national nonprofit dedicated to ending the devastation of addiction, to offer the JUST 5 program.

JUST 5 Includes

- Six five-minute educational videos with supplemental materials on a variety of addiction topics, including:
 - The Science of Addiction
 - Are You at Risk?
 - The Dangers of Opioids
 - Signs, Symptoms, & Treatment
 - How You Can Help
 - The Gift of Recovery
- Materials to help you promote JUST 5 in the workplace

Here's why JUST 5 works:



It takes just 5 minutes per lesson for employees – an easy, achievable time commitment.



It has reach. The JUST 5 program reaches the 25% of employees struggling with addiction – personally or within their family – without having to self-identify. It also touches the 75% who may be undereducated or misinformed about addiction.



It can bring your costs down for lost time, turnover, retraining, and other addiction-related issues.



What is substance use costing your company?

Find out by using Shatterproof's [Workplace Cost Calculator](https://shatterproof.org/workplace-cost-calculator) at shatterproof.org/workplace-cost-calculator.



Ready to join the fight against addiction?

Call your Highmark representative for more information on JUST 5 and how it can help your company.

*Center for Disease Control

**Kaiser Family Foundation

†academic.oup.com/painmedicine/issue/12/4

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

Shatterproof is an independent company that provides a web-based platform for its JustFive educational modules for Highmark members.