

# WORRIED ABOUT TAKING PAIN MEDICINE?

The recent news has probably left you worried about taking pain medicine like opioids. But at some point, you might have pain from an injury, surgery or other health problem.

By working with your doctor, you can treat your pain safely.  
**For safer pain care, take these 3 steps with your doctor:**

## 1 MAKE A PLAN.

Pain care is not the same for everyone. To make your pain care plan, your doctor looks at your overall health, history and preferences.

**The right plan helps you:**

- Lessen or manage your pain
- Get back to doing the things you're used to doing
- Improve your quality of life



## 2 CHECK YOUR CHANCES.

If you or a family member has a history of drug or alcohol overuse, depression or other behavioral health problems, your risk of opioid dependence may be higher. Your doctor may ask you about this for your pain care plan.



## 3 MAKE A PACT.

You and your doctor should be partners in pain care: you agree to take your medicine exactly how your doctor tells you, in turn, your doctor should agree to help you reach your pain care plan goals.

