A&M Care Members - Nurse Line

Around-the-clock advice and information is available by phone for A&M Care plan members and their families.

Members now have 24/7 access to registered nurses for health conditions such as high fevers, earaches, cuts and bruises. The program also offers members:

- 1,200 audio health library
- Referral of members with care needs to the appropriate program
- Follow-up calls for emergency care needs, and
- Available in English and Spanish
- Nurse Line 1-800-581-0368

Do Well, Be Well

The Brazos Do Well, Be Well with Diabetes Coalition of the Texas AgriLife Extension Service is offering a Diabetes Class for adults with Type 2 Diabetes. Lessons will include nutrition and self care topics to help you manage your diabetes.

Classes will be held April 8, 15, 22, 29 and May 6, 2010 at the B-CS Community Health Center located in Bryan at 3370 S. Texas Ave. Preregister by April 1, 2010. Registration is $15 per person. Need based scholarships are available.

For more information or to register call 979-823-0129 or visit http://brazos-tx.tamu.edu/Publications.

Drug Safety:

Manage Your Medicine Cabinet

Many Americans take five or more drugs a day. But what do you know about prescription drug addiction?

Or drug abuse? Get smart about drug safety by avoiding misuse of medications, learn about the danger of drug interactions and see why prescription drug addiction is now a major problem. Understand how to use, store and dispose of powerful prescription medication and over-the-counter drugs. Become a better-informed drug consumer.

What Is It?

It’s about safe use, misuse and abuse.

Prescription and over-the-counter medicines (OTC) have never been more plentiful – or confusing. Americans have billions of prescriptions filled every year, and take billions more OTC drugs and supplements.

More and more young people are abusing easily available prescription drugs, as well as OTC medications like cough syrup (1 in 5 have abused painkillers; 1 in 10 cough medicine).

Drugs are powerful chemicals that have to be treated with respect. Educate yourself and your children about the promise and peril of all drugs.

Why Does It Matter?

Drugs can help. Drugs can harm.

Prescription and over-the-counter (OTC) drugs are generally safe and effective. But consumers of all ages need to know more about the drugs they’re putting into their bodies. If incorrectly used or abused, “good” drugs can be harmful and sometimes even fatal.

Many older Americans confuse medications and dosages, or take someone else’s drugs and suffer drug interactions and injury. In recent years, serious adverse drug events have doubled, while fatal drug events have almost tripled. Watch “Senior Stories.”
Long-term use of prescription painkillers and anti-anxiety drugs can be more addictive than heroin. Watch “Julie’s Story.” Learn why prescription and OTC drugs are becoming the new “gateway” drugs being abused by teens. Watch “Katie’s Story.”

Resources:

Drug Safety

- American Society of Health-System Pharmacists: Medications and You
- Consumer Healthcare Products Association: OTC-safety
- Institute for Safe Medication Practices: Prevent and Report Medical Errors
- National Council on Patient Information and Education: BeMedWise
- National Council on Patient Information and Education: Senior Medication Safety
- National Institutes of Health: Health Information Page
- U.S. Food and Drug Administration: Drug Evaluation and Research
- National Library of Medicine and National Institutes of Health: MedlinePlus
- Drug Watch - a Web site featuring information on prescription medication
- Abuse and Misuse
- Office of National Drug Control Policy: For Parents
- Office of National Drug Control Policy: For Kids
- StopMedicineAbuse.org
- The Partnership for a Drug-Free America
- Community Anti-Drug Coalitions of America
- National Institute on Drug Abuse

Pre-Tax Premiums Plan

Through The Texas A&M University System’s Pretax Premiums plan, your health, dental, vision and/or Accidental Death and Dismemberment (AD&D) monthly premiums are deducted from your paycheck before taxes are calculated on your pay. This reduces the amount of your pay that is considered taxable income and increases your take home pay.

The Pretax Premiums plan is a voluntary plan. If you participate, premiums for all of the coverages listed above will be paid on a pretax basis.