



Dear Health Care Provider,

In Washington and throughout the United States, prescription opioids are being misused at an alarming rate.

Starts with One — funded by the Washington State Health Care Authority — is a statewide prevention campaign designed to inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal.

As a health care provider, you influence the choices your patients make. By encouraging them to take one simple step — like locking up medications in the home or disposing of unused or expired prescriptions at a safe medication return kiosk — you are helping them make choices that protect the health of their loved ones and prevent opioid misuse in our communities.

We encourage you to use the Starts with One campaign resources we've put together in this customized toolkit to educate and inform patients and others in your community about the potential risks of opioid misuse.

The toolkit includes:

- A rack card with information on responsible opioid use. Display the rack card in waiting areas or exam rooms and provide them to patients receiving opioid prescriptions.
- A foldable wallet sized card that contains information about alternative pain management options. Providers can give this to patients when discussing different ways to help ease pain.
- A prescribing guidelines checklist that reminds providers of the latest CDC guidance around opioid prescriptions. This document also provides tips on how to have conversations with patients about their pain and opioid prescriptions.

Each conversation you have with patients about responsible opioid use is a vital part of our state's prevention efforts. Thank you for your support in this important effort.

Sincerely,

The Washington State Health Care Authority and the Washington State Hospital Association

For a digital download of the toolkit and to request additional materials, visit [GetTheFactsRx.com/wsha-provider-toolkit](https://www.getthefactsrx.com/wsha-provider-toolkit).