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## **Spring-Clean Your Medicine Cabinet with April 29 Drug Take-Back Day**

*BlueCross-sponsored Count It! Lock It! Drop It!™ program hosts  
drug collection events in Davidson County*

**NASHVILLE, Tenn.** — Nashville-area residents can join the fight against prescription drug abuse and misuse by dropping off unused or expired medications at one of seven National Prescription Drug Take-Back Day events on Saturday, April 29.

The event aims to provide safe, convenient locations to dispose of prescription drugs and other medications and to raise awareness about the potential risks for abuse and misuse of certain medications, such as opioids.

As part of the Drug Enforcement Administration's National Prescription Drug Take-Back Day, six area Walgreens and two St. Thomas Health locations will accept unused medications from 10 a.m. to 2 p.m. Residents looking to dispose of leftover or unwanted drugs can drop them off at any of the following sites:

- Walgreens 3010 West End Ave.
- Walgreens 2819 Nolensville Pike
- Walgreens 2500 Gallatin Ave.
- Walgreens 3130 Clarksville Pike
- Walgreens 2611 Franklin Pike
- Walgreens 7601 Highway 70 S
- Plaza Pharmacy at St. Thomas West, 4230 Harding Pike, A214
- Midtown Express Pharmacy at St. Thomas Midtown, 300 20th Ave. N., Ste. 105

Drug Take-Back Day efforts are supported by the BlueCross BlueShield of Tennessee Health Foundation's partnership with the Count It! Lock It! Drop It!™(CLD) program, which aims to curb or eliminate opioid misuse and abuse in the Volunteer State.

According to CLD co-developer Kristina Clark, Tennessee is second in the country for opioid prescribing, and ranks fourth in the nation for the number of opioid deaths.

"These Take-Back events are a great way to raise awareness about the opioid crisis in our state," Clark explains. "More than half of Tennesseans who use opioids recreationally indicate they get them from a friend or relative, so it's important to safely secure your prescriptions and dispose of them once they are no longer needed."

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BlueCross BlueShield of Tennessee Chief Medical Officer Dr. Andrea Willis adds, “These bi-annual events are a convenient and safe way for individuals to not only protect themselves but also their loved ones from potential and unintentional harm. I hope everyone will take a few minutes to search through their medicine cabinets or other storage places and bring their unneeded drugs to a Drug Take-Back Day event.”

For more information about the Count It! Lock It! Drop It!<sup>TM</sup> program or to find a permanent disposal location, visit [CountItLockItDropIt.org](http://CountItLockItDropIt.org).

### **About Count It! Lock It! Drop It!**

Count It! Lock It! Drop It! (CLD) is a comprehensive community program for prescription drug abuse prevention that began in Coffee County, Tenn. Today, CLD is actively represented in 44 counties across Tennessee. For more information, visit [countitlockitdropit.org](http://countitlockitdropit.org).

### **About BlueCross BlueShield of Tennessee Health Foundation, Inc.**

The BlueCross BlueShield of Tennessee Health Foundation, Inc. was established in December, 2003 as a 501(c)(3) not-for-profit corporation organized to promote the philanthropic mission of BlueCross BlueShield of Tennessee. The foundation awards grants focused on high-impact initiatives across the state, which promote healthy lifestyle choices and help control health care costs for all Tennessee residents. Working with civic and economic partners, the foundation is dedicated to the support of research, innovative programs and creative approaches to improve the health and quality of life of Tennesseans for generations to come.

### **About BlueCross®**

BlueCross BlueShield of Tennessee’s mission is to provide peace of mind through better health. Founded in 1945, the Chattanooga-based company is focused on serving more than 3.4 million members in Tennessee and across the country. BlueCross BlueShield of Tennessee Inc. is an independent licensee of the BlueCross BlueShield Association. For more information, visit the company's website at [bcbst.com](http://bcbst.com).

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