

Tennesseans, Help Fight the Opioid Epidemic: Participate in National Drug Take-Back Day Oct. 28

*BlueCross Health Foundation, Count It! Lock It! Drop It!® promote medication safety
by hosting collection events across the state*

CHATTANOOGA, Tenn. — Tennessee residents are invited to bring their unused or expired prescriptions to one of more than 100 National Prescription Drug Take-Back Day events being held statewide Saturday, Oct. 28, between 10 a.m. and 2 p.m.

The events aim 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.

More than 15 tons of drugs were collected statewide on the last National Prescription Drug Take-Back Day in April.

“More than 1,600 Tennessee residents died as a result of overdoses in 2016. That’s why it’s important to dispose of unwanted or expired medications and help keep them out of the wrong hands,” said Dr. Andrea Willis, chief medical officer of BlueCross BlueShield of Tennessee.

“Take-back events, which happen twice a year, are a safe, anonymous and convenient way for Tennesseans to dispose of old or unneeded medications,” said Kristina Clark, Count It! Lock It! Drop It! project manager. “Nearly two-thirds of Tennesseans who abuse prescriptions got them from family or friends. Removing these medications from your home can help keep you and your loved ones out of harm’s way.”

The Count It! Lock It! Drop It! program, which expanded statewide in 2016 with a \$1.3 million grant from the BlueCross BlueShield of Tennessee Health Foundation, encourages community members to:

- **Count It!** Count pills once every two weeks to monitor theft and help ensure medications are taken properly.
- **Lock It!** Lock and store them in a secure place where others would not think to look.
- **Drop It!** Take unused or expired medications to drop boxes located in participating law enforcement offices or pharmacies, or during biannual take-back events.

Tennesseans can find their nearest prescription take-back location or permanent disposal location online at 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 62 counties across Tennessee. For more information, visit 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.

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