



Is alcohol a problem in your life?

The National Council on Alcoholism and Drug Dependence advises those who choose to drink to do so in moderation. Federal standards define moderation as “no more than one drink a day for women and two drinks a day for men.”

Do you think you have a problem with alcohol?

Ask yourself the C.A.G.E. questions:

- Have you ever felt that you should **C**utdown on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**E**ye opener)?

Did you know?

Heavy drinking is associated with chronic health conditions, such as gastrointestinal diabetes, breast, prostate and liver cancers, heart disease, stroke and depression.

BCN resources

- Behavioral health services are available to members 24 hours a day, seven days a week by calling **800-482-5982**. No referral is necessary. Except for emergency services, call the number above to speak with a behavioral health specialist.
- BCN BlueHealthConnection[®] message line: **800-637-2972**
- **MiBCN.com**

Other resources*

- The National Institute on Alcohol Abuse and Alcoholism at **niaaa.nih.gov**
- Michigan Department of Community Health at **michigan.gov/mdch**
- The National Council on Alcoholism and Drug Dependence at **ncadd.org**

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Brought to you by Healthy Blue Living. Healthy Blue Living members who have questions about their health, specific conditions or other health concerns, can call BlueHealthConnection[®] at 800-637-2972.