

SmartRx: Your Prescription For Good Health!



What is SmartRx? SmartRx is a web-based program designed to help users of the program take prescription medications safely and thus prevent problems commonly associated with prescription misuse and abuse.



■ **How is SmartRx administered?**

SmartRx is self-administered. Field studies indicate that an average user of SmartRx spends somewhere between 1 and 2 hours in the program and visits the program 3–4 times.

■ **How does SmartRx assist in substance abuse prevention efforts?**

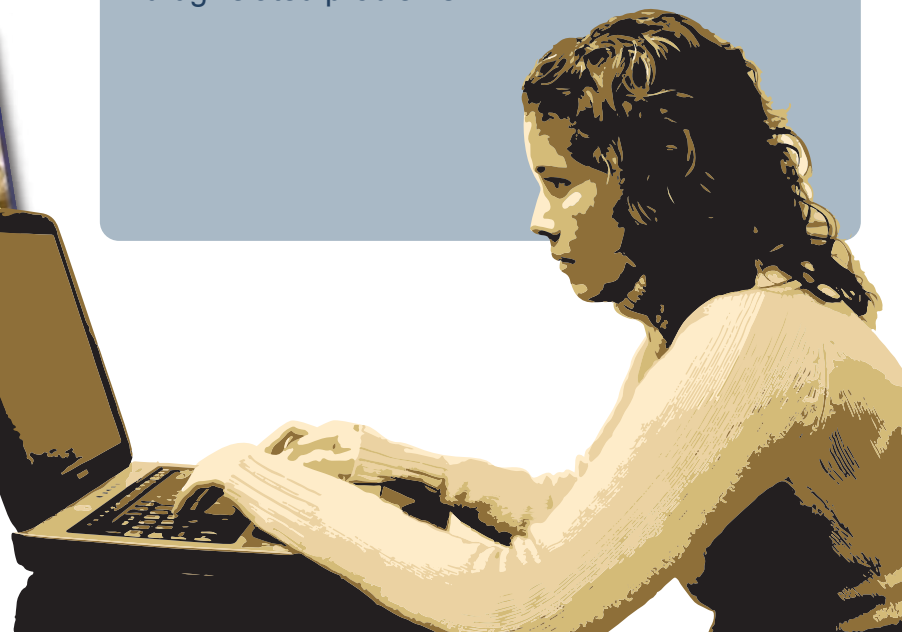
SmartRx is best viewed as a *brief intervention*, an important tool in helping users recognize substance abuse problems and acquire the skills and knowledge necessary for seeking assistance and preventing unintended misuse or abuse of prescription medications.

■ **What are the important components of SmartRx?**

SmartRx emphasizes the advantages of multiple ways of addressing the emotional, physical, and social aspects of medical conditions, thereby reducing overreliance on prescription medications used in the treatment of chronic pain, insomnia, anxiety, and depression.

■ **How does SmartRx work?**

For most users, SmartRx contains all the essential information that they will need to take medications safely and thus prevent drug-related problems. For others, SmartRx will help ensure early intervention, a better prognosis, and lower treatment costs for drug-related problems.



Is SmartRx effective?

SmartRx was evaluated in a randomized trial, supported by the National Institutes of Health, that compared SmartRx program users to a control group. In that study, SmartRx users reported possessing significantly greater knowledge of safely taking medications and having greater confidence in adhering to medication treatment plans when compared to controls.

How much does SmartRx cost?

The exact pricing of SmartRx depends on company needs and the number of users. Options such as tracking program utilization, customization of content, and the inclusion of a company logo are available upon request.



Who can I call for more information?

For questions on this program, please contact:

Dr. Diane Deitz

ISA Associates and the Center for Workforce Health
Alexandria, VA
703.739.0880, ext. 15
ddeitz@isagroup.com



This fact sheet was developed with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) through a contract (IDIQ Task Order No. HHSS283200700012I) to the Pacific Institute for Research and Evaluation (PIRE).



The Substance Abuse and Mental Health Services Administration supports the Preventing Prescription Abuse in the Workplace Technical Assistance Center. For more information, contact PAWTArequest@PIRE.org.

* The content of this document is for public use and can be adapted for use in other materials.