

ALCOHOL AND YOUR HEALTH

Many of us enjoy a drink now and then, often as a way to unwind, or when socializing with friends and family. But drinking can also be problematic, especially when it is no longer something we do in moderation for enjoyment, but rather when it becomes a coping mechanism, a habit, or an addiction.

The [2020-2025 Dietary Guidelines for Americans](#) define drinking in moderation as up to 1 drink per day for women of legal drinking age and up to 2 drinks per day for men of legal drinking age.

The [NIAAA](#) defines heavy drinking as more than 3 drinks on any day or more than 7 drinks per week for women, and more than 4 drinks on any day or more than 14 drinks per week for men.

WHAT ARE THE SIGNS OF A PROBLEM?

How can you tell whether you may have a drinking problem? Answering the following four questions can help you find out:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning (as an "eye opener") to steady your nerves or get rid of a hangover?

One *yes* answer suggests a possible alcohol problem. If you answered *yes* to more than one question, it is highly likely that a problem exists. In either case, it is important that you see your doctor or other healthcare provider right away to discuss your answers to these questions. He or she can help you determine whether you have a drinking problem and, if so, recommend the best course of action.

Even if you answered *no* to all of the above questions, if you encounter drinking-related problems with your job, relationships, health, or the law, you should seek professional help. The effects of alcohol abuse can be extremely serious—even fatal—both to you and to others.



JHEAP CAN HELP

As part of JHEAP's support benefits, counselors are available toll-free 24 hours a day, 7 days a week to help you or a loved one who may be developing problematic habits. **All calls are free and confidential.** Information related to alcohol, addiction, treatment, and recovery can also be found on the website. To get started, call or log on.



TOLL-FREE: **888-978-1262**

WEB: **www.myccaonline.com**

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