

PROVIDER RESOURCES & TRAININGS APRIL 2024

DRINK LESS, BE YOUR BEST

Drink Less, Be Your Best is a digital mass communications campaign that encourages US adults who drink excessively to drink less to improve their quality of life, relationships, and health. Engaging with the campaign prompts individuals to check their drinking levels, identify their motivators and barriers to drinking less, and develop a personalized plan to drink less. This campaign aims to reach the millions of US adults who drink too much. While the campaign messages were not developed for individuals who have an alcohol use disorder, resources are provided for those individuals who need help locating specialized services or treatment. Visit www.cdc.gov/drinklessbeyourbest to learn more.

Tools Include:

- Drinking Assessment
- Make a Plan
- Why less is more
- Get the facts

Webinar

- **April 3rd:** Documenting SDOH Z Codes and SNS-E Codes
- **April 3rd:** Blue Shield: How to Register on Provider Connection and Use Online Tools
- **April 10th:** Cognitive Health Assessment Training
- **April 18th:** Chronic Kidney Disease in Primary Care