



Helping Prevent Opioid Misuse in High-Risk Industries

WorkWell is a tailored mobile health (mHealth) app designed to prevent prescription opioid misuse and overuse among workers in industries with high risk for injury and opioid prescriptions.

WorkWell is part of a Prevention Strategies research study to help address the national opioid crisis impacting more than 10 million Americans each year. The National Institutes of Health (NIH)-funded study is meant to address prescription opioid misuse and overuse among workers in industries with high risk for injury and opioid prescriptions.

The current WorkWell app pilot program includes nurses, nursing assistants and nursing technicians.

Why WorkWell?

WorkWell is evidence-based, expert-led, practical and represents the next generation of evidence-based, technology-aided intervention programs. Developed in consultation with healthcare and opioid prevention experts, WorkWell is similar to mHealth apps for alcohol and other substance use prevention that have demonstrated exceptional feasibility and effectiveness.

Designed to be quick and easy-to-use, WorkWell features evidence-based educational and behavioral strategies and includes features such as:

- Brief, dynamic educational lessons
- Pain management and prevention exercises
- Language to use with providers when discussing pain and injury
- Conversations with industry experts
- Data visualization for pain
- *Participants will be asked to go through the WorkWell app, as assigned (20-100 minutes total, depending on the condition in which they are assigned). These users will be asked to complete three brief surveys at assigned timepoints. Each survey will only take 10 to 15 minutes to complete. This data will be used to make revisions for development of the final app.*
- **All participants will receive \$90 upon completion of their assigned participation in the study.**

Interested parties should contact info@preventionstrategies.com