



Drinking too much alcohol can contribute to the risk of health-related injuries, violence, drowning, liver disease and some types of cancer. If you choose to drink, have only a moderate (limited) amount. This means that women should have no more than one drink a day and men should have no more than two drinks a day.

One drink is a:

- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

For most adults, moderate drinking doesn't cause any serious health problems. However, drinking can become a problem if it causes trouble with:

- Your relationships
- School or work
- How you think and feel

If you have a drinking problem, it's important to see a doctor right away. You can improve your health by drinking less or quitting.

Drinking in moderation or not drinking at all can help you:

- Lower your blood pressure
- Lower your risk of injury, heart disease, stroke, some types of cancer and liver problems
- Lose weight
- Save money
- Get along better with your family

You should not drink at all if you:

- Are pregnant or trying to get pregnant
- Are under 21 years of age
- Take certain over-the-counter or prescription medicines (check the medicine label and discuss with your pharmacist or doctor)
- Are recovering from alcoholism
- Have a health condition that can be made worse by drinking such as liver disease

Here are some strategies to help you cut back or stop drinking:

- Set a drinking limit. For example, you may decide to have no more than three drinks per week.
- Keep track of how much you drink by writing down every time you have a drink for one week.
- Choose a day each week when you will not drink.
- Don't drink when you are upset. Instead, find healthy ways to manage stress and learn new skills to help you change your drinking habits.
- Avoid bars or other places where people drink.
- Limit the amount of alcohol you keep at home.
- Make a list of reasons not to drink. For example, saving money or losing weight.
- Ask for help if you need it. Call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at **1-800-662-HELP (4357)**.

Source: [Healthfinder.gov](https://www.healthfinder.gov)



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <https://state.nj.us/treasury/pensions/health-benefits.shtml>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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