



Notes from the pharmacist:

PHARMACY UTILIZATION MANAGEMENT

Q2 2020 Updates

THE RIGHT DRUG AT THE RIGHT PRICE






To ensure optimal, cost-effective outcomes that maintain quality of care, we regularly analyze drug trends and utilization. Together, the pharmacists at Blue Cross and Blue Shield of Minnesota and our pharmacy benefit manager, Prime Therapeutics, use that data to shape utilization management (UM) programs. This update reflects changes in programs based on that analysis.¹

To get the most current program updates, visit the [Pharmacy Utilization Management web page](#).

EFFECTIVE APRIL 1, 2020

New Programs

UM program, therapy class or medication descriptions are included below, along with the specific medications targeted by these new UM programs. Please see the corresponding symbol for the type of UM program that applies.

Description	Target Drug	Program Type
Reyvow – a medication that treats acute migraine – a headache of varying intensity, often accompanied by nausea and sensitivity to light and sound	Reyvow	 
Baclofen – a medication that is used to treat muscle spasms	Ozobax Solution	 
Nasal Antiepileptics – medications used to treat certain type of seizures that are administered through the nose	Nayzilam Spray, Valtoco Spray	

¹These UM programs apply generally to all Blue Cross and Blue Plus plans and products. Benefit plans vary in coverage and some plans may not implement these programs or provide coverage for certain medicines or services addressed in these programs.

Unless otherwise noted, prior authorization and quantity limit programs apply to both brand and generic drugs. Prime Therapeutics LLC is an independent company providing pharmacy benefit management services.



Prior Authorization – Ensures appropriate use of drugs by requiring pre-approval to verify appropriate prescribing.






















Quantity Limits – Restricts the amount of drugs that a member may receive during a prescribing period. Limits promote safe, cost-effective drug use reducing waste and overuse.




Step Therapy – Requires members to try a safe, more clinically effective, and in some cases less expensive drug, before they are approved for a more expensive drug.

Changes to Existing UM Programs

UM programs are updated on an ongoing basis to add new generics for targeted brand medications or new medications when they become available. The specific program additions are noted in the table below.

Description	Target Drug	Program Type
Atypical antipsychotic agents – a group of antipsychotic medications used to treat psychiatric conditions	Caplyta, Secuado	 
Carafate (sucralfate) – treats ulcers	sucralfate suspension	 
Hemophilia extended half-life products – factor products that work longer so they can be injected less often. Hemophilia is a disorder where blood does not clot normally and is treated by medication referred to as factor.	Esperoct	 
Hepatitis C – an infection caused by a virus that attacks the liver and leads to inflammation	Daklinza, Eplusa, Harvoni, Mavyret, Olysio, Sovaldi, Technivie, Viekira Pak, Viekira XR, Vosevi, Zepatier	
High cholesterol – high amounts of cholesterol in the blood	simvastatin suspension	 
Insomnia agents – persistent problems falling and staying asleep	Doxepin (generic for Silenor)	
Insulin – helps keep your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia)	insulin aspart	
Ketorolac – a non-steroidal anti-inflammatory medication that can treat pain	ketorolac nasal spray	
Migraine – a headache of varying intensity, often accompanied by nausea and sensitivity to light and sound	Ubrelvy	 
Ophthalmic prostaglandins – medications that are used to treat glaucoma	travoprost eye drops	
Riluzole – also called Rilutek, a medication used to treat amyotrophic lateral sclerosis (ALS), a nervous system disease that that affects nerve cells in the brain and the spinal cord	Rilutek	 
Self-administered Oncology Agents – a group of medicines to treat cancer that are a tablet or capsule form and can be taken by mouth	Ayvakit, Brukinsa, everolimus (generic for Afinitor), Tazverik	 

Discontinuation of UM Programs

Description	Target Drug	Program Type
Alzheimer's Disease – a progressive disease that destroys memory and other important mental functions	Aricept, donepezil, Exelon, Namenda, Namenda XR, Namzaric, Razadyne, Razadyne ER, rivastigmine	



Notes from the pharmacist:

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Q1 2020 Updates

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EFFECTIVE JANUARY 1, 2020

New Programs

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Description	Target Drug	Program Type
Constipation Agents – laxatives that treat and prevent constipation	Amitiza, Linzess, Motegrity, Movantik, Relistor, Symproic, Trulance, Zelnorm	
Sunosi – improves wakefulness in adult patients with excessive daytime sleepiness associated with narcolepsy or obstructive sleep apnea	Sunosi	 



Prior Authorization – Ensures appropriate use of drugs by requiring pre-approval to verify appropriate prescribing.




Quantity Limits – Restricts the amount of drugs that a member may receive during a prescribing period. Limits promote safe, cost-effective drug use reducing waste and overuse.



Step Therapy – Requires members to try a safe, more clinically effective, and in some cases less expensive drug, before they are approved for a more expensive drug.


















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Cablivi – treats adult patients with acquired thrombotic thrombocytopenia purpura (aTTP), in combination with plasma exchange and immunosuppressive therapy	Cablivi	
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Antidepressants – medicines that are used to treat depression and other disorders, such as anxiety, obsessive-compulsive disorder and neuropathic pain	Drizalma	 
Biologic Immunomodulators – medications used to treat conditions like rheumatoid arthritis, psoriasis, Crohn’s disease and ulcerative colitis	Rinvoq	 
Cystic Fibrosis – an inherited disorder that affects the lungs and digestive system	Trikafta	 
Diabetes – a condition that results in too much sugar in the blood	Rybelsus	 
Fasenra – treats asthma	Fasenra	 
Migraine – a headache of varying intensity, often accompanied by nausea and sensitivity to light and sound	Tosymra	 
Multiple Sclerosis – a disease in which the immune system eats away at the protective covering of nerves	Vumerity	 
Oral Inhalers – a medication delivery system to provide respiratory medications in an aerosol form that is inhaled through the mouth	Duaklir	
Oral NSAIDs (non-steroidal anti-inflammatory drugs) – medication taken by mouth to reduce pain, fever and inflammation	Relafen DS	 
Self-administered Oncology Agents – a group of medicines to treat cancer that are a tablet or capsule form and can be taken by mouth	Inrebic, Rozlytrek	