

PHARMACY UTILIZATION MANAGEMENT

Q3 2023 updates

Ensuring a higher quality of care and optimal, cost-effective outcomes through utilization management.

THE RIGHT DRUG AT THE RIGHT PRICE

Together, the pharmacists at Blue Cross and Blue Shield of Minnesota and our pharmacy benefit manager, Prime Therapeutics, regularly analyze drug trend 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 July 1st, 2023

New UM 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.

- PA** **Prior Authorization**
A process to ensure appropriate prescribing and use before a drug will be covered. Coverage may be approved after certain criteria are met.
- QL** **Quantity Limits**
The maximum amount of drug allowed for each fill. Quantity limits are based on the number of days or number of units (pills, capsules, ounces, etc.). Limits promote safe, cost-effective drug use reducing waste and overuse.
- ST** **Step Therapy**
A process that requires trying another drug that may be more safe, clinically effective and, in some cases, less expensive, before a more expensive drug is approved.

Description	Target drug	Program type
Furoscix – used to treat heart failure, a chronic condition where the heart doesn't pump blood as well as it should.	Furoscix	 

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.

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.

Blue Cross[®] and Blue Shield[®] of Minnesota and Blue Plus[®] are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Description	Target drug	Program type
Biologic Immunomodulators – medications used to treat conditions like rheumatoid arthritis, psoriasis, Crohn’s disease and ulcerative colitis.	Amjevita	PA QL
Factor VIII and von Willebrand Factor – used to treat hemophilia, a disorder where blood does not clot normally and is treated by medication referred to as factor.	Altuviio	PA QL
Long Acting Insulin – a group of medications used to manage blood sugar levels for people with diabetes.	Rezvoglar	QL
Multiple Sclerosis – a disease in which the immune system eats away at the protective covering of nerves.	teriflunomide	QL ST
Oral Anticoagulants – medications used as blood thinners if you are at risk of developing blood clots.	Pradaxa Pellets	QL
Oral Pulmonary Arterial Hypertension (PAH) - a type of high blood pressure that affects arteries in the lungs and in the heart.	Orenitram Titration Kits	PA QL
Proton Pump Inhibitors (PPIs) - medicines used to treat gastroesophageal reflux disease (GERD) by reducing digestive acid production	dexlansoprazole DR 30 mg, Konvomep	QL
Self Administered Oncology Agents - a group of medicines used to treat cancer that are a tablet or capsule form and can be taken by mouth.	Orserdu, Jaypirca	PA QL
Statin – a class of medications used to treat high cholesterol.	Atorvaliq	QL ST
Triptan – a class of medications used in the treatment of migraine headaches.	almotriptan, frovatriptan, zolmitriptan nasal spray	QL ST
VMAT2 Inhibitors - medications used to treat involuntary/uncontrolled movements in Huntington's disease and tardive dyskinesia.	Austedo XR	PA QL

Discontinuation of UM programs



Description	Target drug	Program type
Lyrica CR – a medication approved to treat neuropathic pain associated with diabetic peripheral neuropathy and postherpetic neuralgia. <i>Note: Transition of PA Program to ST Program; QL Program will remain in place</i>	Lyrica CR	PA QL

Program name changes to existing UM programs

Description	Target drug	Program type
New Program Name: Lyrica and Savella <i>Note: Name change from Fibromyalgia Agents-Lyrica Savella</i>	Lyrica, Lyrica CR, Savella	ST QL

Effective August 1st, 2023

Program name changes to existing UM programs

Description	Target drug	Program type
New Program Name: Thrombopoietin Receptor Agonists and Tavalisse PAQL Note: Name change from Thrombopoietin Receptor Agonists PAQL	Doptelet, Mulpleta, Promacta, Tavalisse	 

Effective September 1st, 2023

No program changes for September 1, 2023 at this time.