



PHARMACY UTILIZATION MANAGEMENT

Q4 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](#).

- 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.

Effective September 1st, 2023

Name changes to existing UM programs

Description	Target drug	Program type
<p>New Program Name: Sodium-glucose Co-transporter (SGLT) Inhibitors and Combinations <i>Note: Name changed from Sodium-glucose Co-transporter 2 (SGLT-2) Inhibitors and Combinations</i></p>		<div style="display: flex; justify-content: center; gap: 20px;"> <div style="border: 1px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">QL</div> <div style="border: 1px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">ST</div> </div>

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.

Effective October 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.

Description	Target drug	Program type
Daybue – used to treat Rett syndrome, a rare neurological disorder.	Daybue	PA QL
Filspari – used to reduce levels of protein in the urine in adults with a kidney disease.	Filspari	PA QL
Jesduvroq – used to treat symptoms of low red blood cell counts caused by chronic kidney disease.	Jesduvroq	PA QL
Skyclarys – used to treat Friedreich’s ataxia, a rare genetic disorder that affects nerves and muscles.	Skyclarys	PA QL


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 Antipsychotics – Extended Maintenance Agents – a group of medications used to treat a type of mental health condition called psychosis.	Abilify Asimtufii, Uzedy	QL ST
Biologic Immunomodulators – medications used to treat conditions like rheumatoid arthritis, psoriasis, Crohn’s disease, and ulcerative colitis.	Litfulo	PA QL
Calcitonin Gene-Related Peptide (CGRP) – used to prevent or treat migraine headaches.	Zavzpret	PA QL
Growth Hormone – used to promote growth in children and adolescents.	Sogroya	PA
Insomnia – medications used to help with problems falling and/or staying asleep.	Zolpidem	QL ST
Insulin Pumps – used to administer insulin.	Omnipod Go Kit	QL
Oral Pulmonary Arterial Hypertension (PAH) – medications used to treat a type of high blood pressure that affects arteries in the lungs and in the heart.	Liqrev	PA QL
Oxybate – used to manage and treat narcolepsy.	Lumryz	PA QL
Sodium-glucose Co-transporter (SGLT) Inhibitors and Combinations – used to lower blood sugar in patients with type 2 diabetes.	Inpefa	QL ST

Urea Cycles Disorder – are rare genetically inherited disorders that result in the accumulation of ammonia and can be life-threatening.	Olpruva	
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Discontinuation of UM programs

Description	Target drug	Program type
Fibrates – medications used to help lower triglyceride levels.		


Name changes to existing UM programs

Description	Target drug	Program type
New Program Name: Ophthalmic Pilocarpine <i>Note: Name changed from Vuity</i>		

Effective November 1st, 2023


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 changes are noted in the table below.

Description	Target drug	Program type
Rho Kinase Inhibitor – used to treat high ocular pressure. <i>Note: Step Therapy requirements will be removed effective 11/1/2023</i>	Rhopressa, Rocklatan	

Effective December 1st, 2023

Discontinuation of UM programs

Description	Target drug	Program type
Ivermectin – used for treatment of certain parasitic infections.	Ivermectin	
Natpara – used to treat low blood calcium.	Natpara	