

# PHARMACY UTILIZATION MANAGEMENT

Q1 2024 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.<sup>1</sup>

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

### Effective January 1<sup>st</sup>, 2024

#### New programs

UM program, therapy class, or drug descriptions are included below, along with the specific drugs 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.). Quantity 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
<b>Miebo</b> – used to relieve dry, irritated eyes.	Miebo	PA QL
<b>Neurokinin Receptor Antagonists</b> – used in treatment of moderate to severe vasomotor symptoms due to menopause.	Veozah	PA QL
<b>Oral Inhalers</b> – a medication delivery system to provide respiratory medications in an aerosol form that is inhaled through the mouth. <i>Note: Oral Inhalers program is adding ST</i>	Airsupra	QL ST

<sup>1</sup>These 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.

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<b>Pancreatic Enzymes</b> – contains digestive enzymes to help break down and digest fats, starch, and proteins in food.	Pancreaze, Pertzye, Viokace	
<b>Vowst</b> – used to prevent the recurrence of an infection in the intestines.	Vowst	 

### Changes to existing UM programs

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

Description	Target drug	Program type
<b>Atypical Antipsychotics</b> – a group of medications typically used to treat a type of mental health condition called psychosis.	Clozapine ODT, Rexulti	 
<b>Atypical Antipsychotics - Extended Maintenance</b> – a group of medications typically used to treat a type of mental health condition called psychosis.	Rykindo	 
<b>Attention Deficit Hyperactivity Disorder (ADHD)</b> – a brain disorder that results in inattentiveness or hyperactivity.	amphetamine-dextroamphetamine, lisdexamfetamine	
<b>Biologic Immunomodulators</b> – medications used to treat conditions like rheumatoid arthritis, psoriasis, Crohn’s disease, and ulcerative colitis.	Adalimumab-adbm, Entyvio, Yuflyma	 
<b>Growth Hormone</b> – used to promote growth in children and adolescents.	Ngenla	
<b>Ophthalmic Prostaglandins</b> – medicine used to reduce pressure in the eye for people with glaucoma.	Iyuzeh	
<b>Self-Administered Oncology Agents</b> – a group of medicines used to treat cancer that are a tablet or capsule form and can be taken by mouth.	Akeega, Ojjaara, Vanflyta	 
<b>Sodium-glucose Co-transporter Inhibitors and Combinations (SGLT)</b> – used to lower blood sugar in patients with type 2 diabetes.	Brenzavvy	 
<b>Winlevi</b> – used to treat acne vulgaris. <i>Note: Winlevi program has changed from ST to PA</i>	Winlevi	

### Effective February 1<sup>st</sup>, 2024

No program changes for February 1<sup>st</sup>, 2024 at this time.

### Effective March 1<sup>st</sup>, 2024

No program changes for March 1<sup>st</sup>, 2024 at this time.