

# PHARMACY UTILIZATION MANAGEMENT

Q2 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 April 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>Rivfloza</b> – Used to lower oxalate levels in the urine.	Rivfloza	PA QL
<b>Xdemvy</b> – Used to treat a parasitic infection of the eye.	Xdemvy	QL ST
<b>Zilbrysq</b> – Used to treat a disease called myasthenia gravis, which can lead to muscle weakness.	Zilbrysq	PA QL

<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.

Blue Cross<sup>®</sup> and Blue Shield<sup>®</sup> of Minnesota and Blue Plus<sup>®</sup> are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

## 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>Antidepressants</b> – Drugs that are used to treat depression and other disorders, such as anxiety, obsessive-compulsive disorder, and neuropathic pain.	Zurzuvae	QL
<b>Hereditary Transthyretin-Mediated (hATTR) Amyloidosis</b> – An inherited disease that often affects the nerves, heart, and kidneys as a result of an abnormal protein called amyloid	Wainua	PA QL
<b>Biologic Immunomodulators</b> – Drugs that are used to help regulate the body's immune system and are used in autoimmune conditions like rheumatoid arthritis, psoriasis, and Crohn's disease.	adalimumab-aacf, Bimzelx, Omvoh, Velsipity	PA QL
<b>Dipeptidyl Peptidase (DDP) – 4 Inhibitors</b> – Drugs that are used to control high blood sugar in adults with type 2 diabetes.	Zituvio	QL ST
<b>Ophthalmic Immunomodulators</b> – Drugs that are used to manage certain eye conditions related to inflammation or an overactive immune response, often in the form of eye drops or ointments.	Veveye	PA QL
<b>Oral Non-Steroidal Anti-Inflammatory Drugs (NSAID)</b> – Drugs that help relieve pain, fever, and inflammation taken by mouth.	Coxanto	ST
<b>Proton Pump Inhibitors (PPI)</b> – Drugs that are used to help control and reduce stomach acid in conditions like heartburn, gastroesophageal reflux disease (GERD), and stomach ulcers.	Voquezna	QL ST
<b>Self-Administered Oncology Agents</b> – Drugs that are used to treat cancer and available in an oral form that patients can take by themselves.	Augtyro, Fruzaqla, Iwifin, Ogsiveo, Truqap	PA QL
<b>Sodium-glucose Co-transporter Inhibitors and Combinations (SGLT)</b> – Drugs that can be used to manage type 2 diabetes or to manage certain types of heart disease.	bexagliflozin	QL ST
<b>Substrate Reduction Therapy</b> – Drugs that are used to treat Gaucher disease, an inherited deficiency of a specific enzyme.	Opfolda	PA QL
<b>Weight Loss</b> – Drugs that are used to help with obesity, weight loss, or weight management.	Zepbound	PA QL

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

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

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

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