

## **Summary of Express Scripts' programs that are currently in place for OPERS to help prevent/deter the overuse/misuse of narcotics**

- **Fraud, Waste, and Abuse (Medicare and Non-Medicare):** Fraud, Waste & Abuse (FWA) is an investigative service program that helps plan sponsors identify potential problem prescribers and members with unusual or excessive utilization patterns. The program is designed to help identify outliers and situations of abnormal utilization or prescribing patterns by analyzing types of prescriptions, refill patterns, and pharmacy utilization.
- **Rational Med (Non-Medicare)** - amongst many other components of the program, includes medical diagnosis codes together with prescription use to better analyze potential issues within narcotic drug category: Using thousands of evidence-based clinical rules and a proprietary predictive modeling capability, Rational Med identifies patients across the population who may be at risk for near-term hospitalizations, adverse events and longer-term health complications by evaluating integrated health information (medical, pharmacy, lab and patient self-reported data). Potential safety issues are sent to the prescribing physician in the form of a Rational Med alert. Alerts are also sent to pharmacists, patients, and case/care managers as determined by the clients' desire. As a result, the plan sponsor realizes greater program savings from reduced hospitalization costs and appropriate use of prescription drugs.
- **Retrospective Drug Utilization Review (Medicare)** - amongst other components, this program alerts physicians of potential narcotic utilization that could be therapy duplication, excessive dosing, misuse/ abuse: Retrospective DUR (RDUR) evaluates a prescription against a patient's prescription history and evidence-based guidelines to alert the prescribing physician to important, drug-specific, patient-specific health and safety issues. The retrospective analysis of pharmacy claims identifies medication conflicts and the potential for inappropriate utilization. RDUR can positively influence prescriber behavior by notifying them of clinical considerations in order to safeguard patients and helps manage plan expenses.
- **Personal Medication Coach/ Medication Therapy Management (Medicare and Non-Medicare):** Express Scripts empowers members to take an active role in managing their medications and their health. The Personal Medication Coach/ Medication Therapy Management program, designed by pharmacists, improves the way members manage their medications and reduces wasteful healthcare spending. Through member-specific consultations, we help members make the best possible healthcare choices that optimize medication therapy outcomes. Personal Medication Coach is designed to optimize medication therapy outcomes for individual patients. Pharmacists focus on mail and retail prescriptions and over-the-counter medication use, as well as adherence, formulary alignment, and member education, to empower members to take an active role in managing their medication. Personal Medication Coach allows for safer use of medications and evidence-based prescribing.
- **Academic Detailing (Medicare and Non-Medicare)** - when trends show potential narcotic issues, the Academic Detailer can address the trends with physicians: The Academic Detailing Program is an outreach program in which physicians or other prescribers meet with a dedicated pharmacist to discuss issues of drug utilization. The goal of the program is to promote clinically appropriate, cost-effective therapy at the point of

prescribing, which results in patient savings, client savings, and physician-office efficiencies.

- **Concurrent Drug Utilization Review (Medicare and Non-Medicare)** - narcotic edits to capture refill too soon, duplicate therapy, maximum daily quantity, and at home delivery there is controlled substance verification for schedule II narcotics: **The Concurrent DUR program works to reduce the most critical medication errors and drug safety issues facing pharmacists at the point of sale and provides communication on potential safety concerns. At mail order, Specialist Pharmacists (pharmacists with specialized training and experience in the medications used to treat major chronic conditions) have an active role in reviewing DUR alerts. Members benefit from the expertise of the Specialist Pharmacists and they, and their physicians, are better engaged in making more cost effective treatment decisions and better health choices.**
- **Drug Quantity Management (Medicare and Non-Medicare)** - includes pain and narcotic drug edits: **The Drug Quantity Management program manages prescription costs by ensuring that the quantity of units supplied for each copayment are consistent with clinical dosing guidelines. The program is designed to support safe, effective, and economic use of drugs while giving patients access to quality care. Express Scripts clinicians maintain a list of quantity limit drugs, which is based upon manufacturer-recommended guidelines and medical literature.**
- **Prior Authorization (Medicare and Non-Medicare)** - Narcotic and narcotic-like edits include Fentanyl Transmucosal Drugs, Suboxone: **Express Scripts prior authorization drives plan savings and patient safety by monitoring the dispensing of high-cost medications and those with the potential for misuse. The program ensures drug coverage consistent with the client's intent for the prescription benefit, while maintaining member and physician satisfaction. Prior Authorization ensures appropriate and safe medication use and reduces costs associated with inappropriate medication use.**