

Pharmacy Benefit Dimensions®

An Independent Health  company

PHARMACY BENEFITS NEWSLETTER

SPRING 2019

Service teams remain the core of our customer-centric model



At Pharmacy Benefit Dimensions, our member-centric service model provides more value and satisfaction for the members we serve. As part of your comprehensive service team, our Client Support Department and Member Services Department are here to answer questions, resolve any issues and serve as a knowledgeable resource.

Below is a brief overview of each department, including the support and services they provide.

Member Servicing Department Overview

Pharmacy Benefit Dimensions' Member Servicing Department now includes eight Pharmacy Servicing Technicians (PSTs) in addition to a skilled supervisor who oversees the department. The primary goal of this team is to provide exceptional customer service through first call resolutions to member questions. The result is high quality service for your client's member base.

Client Support Department Overview

Do your clients need assistance answering questions from employees about their prescription drug coverage? Our Client Support Department is here to help.

The Client Support team is available to assist with any questions or concerns your clients have regarding their specific prescription drug benefits. Our expert team is dedicated to servicing all of our your clients' needs. Client support specialists are available to help with member related questions such as ID cards, member eligibility, formularies and benefit questions, prior authorization (PA) criteria, and specialty medication requirements.

Member Services

(716) 635-7880
1-888-878-9172
TTY/TDD Users: 711
servicing@pbdrx.com
M-F, 8 a.m. - 8 p.m. ET.

Client Support

(716) 250-4403
1-800-665-3089
TTY/TDD Users: 711
pbmclientsupport@pbdrx.com
M-F, 8 a.m. - 5 p.m. ET.

Please direct questions or comments you have about the Pharmacy Benefit Dimensions newsletter to:

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Michael Cropp, M.D.
President and CEO
Independent Health

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Additional Contact Info

For Medicare Member Services, please contact:

(716) 250-4401
1-800-665-1502
TTY/TDD: 711

M-Sun., 8 a.m. - 8 p.m. ET.
(Oct. 1 - March 31)

M-F, 8 a.m. - 8 p.m. ET.
(April 1 - Sept. 30)

Pharmacy Benefit Dimensions' formulary process



What is the P&T Committee?

Pharmacy Benefit Dimensions' formularies are developed by a Pharmacy and Therapeutics (P&T) Committee. The P&T Committee consists of 15 practicing physicians and four pharmacists. The identity of the committee members remains confidential to avoid undue pressure and lobbying from interested parties. Committee membership is reviewed annually.

What does the P&T Committee do?

The P&T Committee meets on a quarterly basis to review new drugs that are available in addition to reviewing existing classes and categories on the formularies. Additions, deletions and modifications are based on sound clinical evidence to make quality care available while appropriately containing costs.

After discussing the clinical data correlating to each formulary update to be considered, a decision is made by vote of all members. Decisions are based on the following criteria:

- Safety
- Efficacy
- Cost

These criteria are reviewed with comparison to other drugs in the same class. Recommendations made by a medical advisory group specializing in the drug class in question are also considered.

How does this impact Pharmacy Benefit Dimensions' formularies?

Our clinical team utilizes a value-based approach when making formulary decisions, assuring the most clinically advantageous medications are available for your clients' members, at the lowest net cost to the plan.

The standard PBD formulary is structured in a 3-tier format. There are approximately 5,184 (77%) drugs placed within the first 2 tiers of the formulary, which contain the majority of generic and preferred brand medications. For those employers who choose a 3-tier drug benefit for their employees, most non-preferred drugs are accessible via the 3rd tier copayment.

PBD publishes formularies on the pbdrx.com website on the first of every month to ensure your clients and their members have access to the most current formulary updates.

Pharmacy Benefit Dimensions drug formulary update



Below are changes to the Pharmacy Benefit Dimensions drug formulary that were recommended by the P&T Committee at its **December 2018** meeting:

The following medications were added to the formulary:

DRUG	CATEGORY	TIER	COMMENTS
Ajovy™	Migraine	T2	PA, SP
Emgality™	Migraine	T2	PA, SP
Copiktra™	Cancer	T3	PA, SP
Vizimpro®	Cancer	T3	PA, SP
Talzenna®	Cancer	T3	PA, SP
Lorbrena®	Cancer	T3	PA, SP
Daurismo™	Cancer	T3	PA, SP
Vitrakvi®	Cancer	T3	PA, SP
Xospata®	Cancer	T3	PA, SP
Dupixent®	Asthma	T2	PA, SP
Bryhali™	Dermatology	T3	
Xofluza™	Antiviral	T3	
Arikayce®	Antibiotic	T3	PA, SP
Aemcolo™	Antibiotic	T3	QL
Tegsedi™	Genetic Disorder	T3	PA, SP
Firdapse®	Autoimmune Disorder	T3	PA, SP

ABBREVIATION KEY

PA: Prior Authorization
 ST: Step Therapy
 NF: Non-Formulary
 SP: Specialty Medication
 QL: Quantity Limit
 AL: Age Limit

Pharmacy Benefit Dimensions drug formulary update continued...

The following changes were made to the formulary (Effective March 1, 2019, unless otherwise stated):

Ruconest® – Move to T3	Forfivo XL® – Move to NF	Takhzyro™ – Move to T2, PA, SP effective 2/1/19
meprobamate – Move to NF	Durezol® – Move to NF	Aimovig™ – Move to T2, PA, SP effective 2/1/19
Ilevro™ – Move to NF	Nevenac® – Move to NF	levocetirizine – Remove PA Effective 1/1/19
Byetta® – Move to NF	Bydureon® – Move to NF	Praluent® – Move to T2, PA, SP Effective 1/1/19
Udenyca™ – Move to T2, PA, SP	Bromsite™ – Move to NF	imipramine pamoate – Move to NF
clozapine – Remove PA effective 1/1/19		

The following medications were reviewed and will remain non-formulary:

Xyosted™ Bijuva™ Nuzyra™ Seysara™

The following medications were reviewed and will be covered as a medical benefit:

Libtayo® – PA, SP Asparlas™ – PA, SP Revcovi™ – PA, SP Gamifant™ – PA, SP

The following new generic medications are available:

Brand Name	Generic Name	Category
Epclusa®	sofosbuvir/velpatasvir	Antiviral/Hepatitis C
Harvoni®	ledipasvir/sofosbuvir	Antiviral/Hepatitis C
Rapaflo®	silodosin	Urology
Zytiga®	abiraterone	Cancer
Staxyn®	vardeafil	Urology/Erectile Dysfunction
Fortesta®	testosterone 2%	Hormone
Levitra®	vardeafil	Urology/Erective Dysfunction
Glycate®	glycopyrrolate	Respiratory/COPD
Onfi®	clobazam	Neurology/Anti-epileptic
Androgel® 1.62%	testosterone 1.62%	Hormone
Evekeo®	amphetamine	Neurology/ADHD
Forfivo XL®	bupropion 450mg	Neurology/Antidepressant
Kristalose®	lactulose oral	GI/Constipation
Cialis®	tadalafil	Urology/Erectile Dysfunction

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Obesity in America and the cost of extra weight



Obesity is a medical condition that occurs when an individual carries excess body weight that might affect their health, and results from a combination of contributing factors, such as behavior and genetics. Obesity is a serious and costly, yet common condition that remains a worldwide health concern.

Between 2015 and 2016, the prevalence of obesity among U.S. adults was 39.8%, effecting about 93.3 million people, according to the [Centers for Disease Control and Prevention \(CDC\)](#). If the U.S. continues on this trend, the CDC [projects](#) that half of the population will be obese by 2030.

Compared to those with a healthy weight, obese individuals are at increased risk for many serious health conditions including type 2 diabetes, coronary heart disease, stroke, and some cancers. It is for this reason, among others, that health care costs for severely or morbidly obese adults are an [estimated](#) 81% higher per person than for healthy weight adults. In addition, job absenteeism associated with obesity is [estimated](#) to cost the U.S. \$4.3 billion annually, while reduced workplace productivity is [estimated](#) to cost employers \$506 per obese worker per year.

Obesity is a complex health issue in which no single or simple solution exists. While diet and exercise are still the primary ways to maintain a healthy lifestyle, there are instances where medication is needed to assist weight loss.

In an effort to increase success with medication-assisted weight loss, Pharmacy Benefit Dimensions utilizes our Weight Loss Medication Policy. This policy helps to ensure patients with morbid obesity and medical necessity can access several medications to assist in weight loss. Upon initial approval, patients can receive authorization for up to one year if minimal weight loss targets are achieved and the patient is adherent to their medication regimen, in addition to diet and exercise programs.

If you are interested in this program, we encourage you to contact your PBD account manager for more details.

PBD attends health and benefit fairs!

PBD is proud to have a knowledgeable and friendly Client Support team that is always ready to respond to your client's needs when it comes to pharmacy plan design and benefits. In addition, members of our support team are available to attend any health or benefit fairs that your host.

If any of your clients are hosting a benefit fair this fall and would like a member of our team to attend, please have them contact PBD's Client Support at **(716) 250-4403** or pbdclientsupport@pbdrx.com.

