

# Pharmacy Benefit Dimensions®

DIMENSIONS NEWSLETTER • EXPERTISE & SOLUTIONS

SUMMER 2025

## Picnic Perfect: Your Healthier Summer Eating Guide

The summer season brings out the best flavors of outdoor dining. Whether you're headed to the park, the beach, or your own backyard, picnics are a great way to enjoy the sunshine, fresh air, and joy of eating outside. To help you make the most of your summer eats, we've put together a simple picnic packing guide to keep your menu fresh, flavorful, and nutritious:

### Build a Balanced Basket

**Veggies** – Full of flavor, crunch, and water content, fresh vegetables are your picnic powerhouses.

- Carrot sticks
- Cucumber slices
- Snap peas
- Edamame pods

**Healthy Fats** – Add a boost of healthy fats to make your meal more flavorful, fuel your brain, and keep you feeling full.

- Trail mix
- Cheese sticks
- Hummus
- Guacamole

**Grains & Carbs** – Including complex carbohydrates in your meal supports sustained energy and helps create a well-rounded, satisfying plate.

- Whole grain crackers
- Pasta salad
- Sandwiches
- Wraps

**Proteins** – Power your plate with protein! Mixed with carbs, healthy fats, and colorful nutrients, protein will fill you up and fuel your muscles.

- Lunch meat
- Grilled chicken
- Lentils
- Egg salad

**Sweet Treats** – Treat yourself! Satisfy your sweet tooth the smart way.

- Dark chocolate
- Sorbet
- Fruit salad
- Granola bars

**Drinks** – Hydration is key in the summer sun. Swap sugars and artificial flavors for refreshing, natural options.

- Fruit-infused or sparkling water
- Iced herbal tea
- Fresh-squeezed fruit juice
- Kombucha

Summer is meant to be enjoyed – food and drink, included! Smart, small swaps add up to big benefits without sacrificing the flavors you love most. Use this list as a guide to enjoy seasonal foods while keeping your health and wellness goals in check. Don't forget a cooler with plenty of ice, sunscreen, and a few good friends to round out your perfect picnic!

## Rite Aid Closures

As you may have heard in the news, Rite Aid is closing all of its stores across the country. While exact closure dates may vary by location, Pharmacy Benefit Dimensions (PBDRx) understands that this change will affect many of our members.

If Rite Aid is your current pharmacy – don't worry, making the switch to a new pharmacy is simple. PBDRx offers a comprehensive pharmacy network with over **52,000** local, regional, national chain and independent pharmacies to ensure access no matter where you live, work, or play. For certain maintenance medicines, you may also have a mail order pharmacy option.

## Connect

*We're Here to Help*

Please reach out with any questions you may have. To best assist you, choose from the following:

Members with questions about your pharmacy benefits: Contact **Member Services**, 1-888-878-9172.

Pharmacists or providers with questions about a claim: Contact our **Pharmacy Help Desk**, (716) 635-3578.

Brokers or employers with questions about partnering with PBD: Contact our **Sales Department**, (716) 860-0743.

Stay informed:  
[pbdrx.com](http://pbdrx.com)

## Ready to Switch?

To make the transition as seamless as possible, visit [Change Your Pharmacy | Pharmacy Benefit Dimensions](#) for a step-by-step guide and contact information should you need further instruction.

## We're Here for You

Your health and access to care remain our top priority. If you have questions, please call our Member Services Department at (716) 635-7880 or 1-888-878-9172, Monday through Friday from 8 a.m. to 11 p.m. ET. TTY users please call 711.

## The Pharma-Scene

### *Pharmacy Benefit Dimensions Drug Formulary Update*

<b>Abbreviation Key:</b>	<b>PA:</b> Prior Authorization	<b>SP:</b> Specialty Formulary	<b>NPB:</b> Non-Preferred Brand
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Here are the quarterly changes to the PBDRx drug formulary. The following medications were added to the formulary:

Drug	FDA-Approved Indication	Tier	Comments
Avmapki® & Fakzynja®	Combination therapy for treatment of adult patients with a specific form of ovarian cancer	NPB	PA, SP
Ctexli®	For treatment of adult patients with a rare genetic disorder causing excessive buildup of cholesterol	NPB	PA, SP
Gomekli®	For treatment of adult and pediatric patients with a generic disorder causing tumor growth on nerve tissue	NPB	PA, SP
Romvinza®	For treatment of adult patients with a rare form of aggressive tumor that can involve a joint or tendon	NPB	PA, SP
Vanrafia®	To reduce the buildup of protein in the urine in adult patients with a specific type of chronic kidney disease	NPB	PA, SP

The following new generic medications are available:

Brand Name	Generic Name	FDA-Approved Indication
Anoro Ellipta®	umeclidinium/vilanterol	For treatment of adult patients with chronic obstructive pulmonary disease (COPD)
Auryxia®	ferric citrate	To reduce the amount of phosphate in the blood in adult patients with chronic kidney disease who are on dialysis
Brilinta®	ticagrelor 90 mg tablet	For prevention of heart attack and stroke in adult patients with history of cardiovascular disease
Impoyz®	clobetasol 0.025% cream	For topical treatment of adult patients with plaque psoriasis
Purixan®	mercaptopurine suspension	For treatment of adult and pediatric patients with a specific type of cancer of the blood
Ridaura®	auranofin	For treatment of adult patients with rheumatoid arthritis
Xarelto®	rivaroxaban 2.5 mg tablet	To treat and prevent blood clots in adult and pediatric patients

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

- Arbli® suspension
- Atzum® nasal powder
- Avtozma® subcutaneous
- Blujepa® tablet
- Brynovin® solution
- Hemiclor® tablet
- Inzirco® suspension
- Lopressor® solution
- Merilog® subcutaneous
- Mezofy® film
- Onapgo® subcutaneous
- Ontrafly® solution
- Opipza® film
- Raldesy® solution
- Vykat XR® tablet