

# Pharmacy Benefit Dimensions®

DIMENSIONS NEWSLETTER • EXPERTISE & SOLUTIONS

SUMMER 2026

## Stay Cool, Stay Covered: Hydration Matters This Summer

### Don't Let Medication Mishaps Disrupt Your Spring Adventures

As temperatures rise and outdoor activities increase, summer brings more opportunities to stay active — but also a higher risk of dehydration and heat-related illness.

#### Why Hydration Should Be a Top Priority

Water plays a vital role in regulating body temperature, maintaining blood pressure, and supporting essential organ function. During hot and humid weather, your body loses fluids more quickly through sweat. Without adequate replacement, dehydration can set in rapidly — sometimes before you even feel thirsty. For individuals managing chronic conditions or taking certain medications, the risk can be even higher due to altered fluid balance or reduced heat tolerance.

#### Early Signs of Heat Exhaustion

Recognizing the early symptoms of heat exhaustion can prevent more serious complications like heat stroke. Be alert for: heavy sweating, cool, clammy skin, fatigue or weakness, headache, dizziness or lightheadedness, nausea or vomiting or muscle cramps. If these symptoms appear, it's important to act quickly: move to a cooler area, sip water or electrolyte beverages, and rest. If symptoms worsen or persist, seek medical attention promptly.

#### Special Considerations: Children and Seniors

Children may not recognize thirst early or may be too distracted playing outdoors to hydrate regularly. Their smaller body size means they can overheat more quickly than adults. Encourage regular water breaks — every 15–20 minutes during active play — and limit exposure during peak heat hours (10 a.m. – 4 p.m.). In older adults, sometimes the sensation of thirst is reduced, making it easier for dehydration to go unnoticed. Chronic health conditions and medications may increase sensitivity to heat. Encourage consistent fluid intake, even if they don't feel thirsty, and ensure access to air-conditioned environments during extreme heat.

#### Medication & Hydration: What to Know

Some common medications can increase dehydration risk or affect your body's ability to regulate temperature, including: diuretics ("water pills"), antihistamines, blood pressure medications, or certain mental health medications. If you have questions about how your medications may interact with heat or hydration, consult your pharmacist or health care provider.

#### Smart Hydration Tips

- Drink water consistently throughout the day — don't wait until you're thirsty
- Choose water over sugary or caffeinated drinks
- Eat water-rich foods like fruits and vegetables (e.g., watermelon, cucumbers, oranges)
- Wear lightweight, breathable clothing
- Take breaks in shaded or air-conditioned spaces
- Use electrolyte beverages during prolonged physical activity or high heat exposure

#### A Healthy Summer Starts with Prevention

Staying hydrated is one of the simplest — and most effective — ways to protect yourself and your loved ones this summer. By recognizing early warning signs and taking preventive steps, you can enjoy outdoor activities safely and comfortably. Stay cool, stay safe, and make hydration part of your daily routine.

## Attention Medicare Members: Go Paperless!

As part of our commitment to delivering convenient and secure service, Pharmacy Benefit Dimensions (PBDRx) encourages all Medicare members to transition to paperless delivery of their Explanation of Benefits (EOBs). Going paperless gives you immediate access to your benefit information without waiting for mail, helping you stay informed about your prescriptions and plan activity in real time.

Upon registering for paperless deliver, your EOBs are made available through our secure member portal, accessible online 24 hours a day, 7 days a week. With just a few clicks, you can review claim details, track prescription costs, and download or print documents whenever needed. This on-demand access makes it easier to manage health care expenses and keep records organized in one central location. Enrollment is quick and easy through the member portal, and our support team is available to assist with any questions along the way.

## 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 go paperless?** Enroll in paperless delivery today at <https://my.pbdrx.com/login>.

1. Log in to your Member Portal and click the drop-down arrow next to your name in the upper right corner
2. Choose 'Profile'
3. Select 'Paperless Delivery'
4. Check the box on the right side of 'Monthly Report of Pharmacy Claim (Part D) AND
5. Check the box 'I agree to the Electronic Document Disclosure and Consent'
6. Click 'Save'

If you do not currently have a Member Portal account, complete your registration at <https://my.pbdrx.com/login> then follow the above steps.

**Advantages of going paperless:** Round-the-clock access to your health care documents, no matter where you live, work, or travel. View, print, or save your documents right from your account. All EOBs are stored in your account for two years. This option is voluntary and can be changed at any time.

**Please Note:** All members, including non-Medicare members, are encouraged to review their claim information in their member portal or call Member Services if they have any questions about their prescription claims.

**Non-Medicare Members:** Please call (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. **Medicare Members:** Please call 716-504-4444 or 1-800-667-5936, Monday through Sunday from 8 a.m. to 8 p.m. (October 1 – March 31) and Monday through Friday from 8 a.m. to 8 p.m. (April 1 – September 30). 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
Idvynso™ tablets	For the treatment of human immunodeficiency virus type 1 (HIV-1) infection in adult patients.	NPB	LA
Lifyorli™ capsules	For the treatment of ovarian, fallopian tube, or primary peritoneal cancer in adult patients.	NPB	PA, SP
Veppanu™ tablets	For the treatment of a specific type of advanced or metastatic breast cancer in adult patients.	NPB	PA, SP
Beqalzi™ tablets	For the treatment of relapsed or refractory mantle cell lymphoma (MCL) in adult patients.	NPB	PA, SP

The following new generic medications are available:

Brand	Generic	FDA-Approved Indication
Atrovent® HFA	ipratropium	For the treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD) in adult patients.
Briviact®	brivaracetam	For the treatment of partial-onset seizures in adult and pediatric patients ages 1 month and older.
Edurant®	rilpivirine	For the treatment of human immunodeficiency virus type 1 (HIV-1) infection in adult and pediatric patients ages 2 years of age and older who weigh at least 55 pounds.
Farxiga®	dapagliflozin	For the treatment of type 2 diabetes in adult and pediatric patients ages 10 years of age and older, also FDA-approved to reduce risk of adverse cardiovascular events in adult patients with heart failure, and to reduce risk of worsening kidney disease in adult patients with chronic kidney disease.
Lumigan®	bimatoprost 0.01%	To reduce eye pressure in patients ages 16 years of age and older with open angle glaucoma or high blood pressure in the eye.
Nitro-Bid®	nitroglycerin ointment 2%	For the prevention of chest pain due to coronary artery disease in adult patients.
Nucynta®/ER	tapentadol/ER	For the short-term treatment of pain in adult and pediatric patients ages 6 years of age and older who weigh at least 88 pounds, ER tablets for severe pain in adult patients only.
Ofev®	nintedanib	For the treatment of certain types of progressive lung diseases in adult patients.
Pomalyst®	pomalidomide	For the treatment of certain types of blood cancers in adult patients.
Savella®	milnacipran	For the management of fibromyalgia (a condition that causes chronic muscle and joint pain) in adult patients.
Xigduo XR	dapagliflozin-metformin	For the treatment of type 2 diabetes in adult and pediatric patients ages 10 years of age and older, also FDA-approved to reduce risk of adverse cardiovascular events in adult patients with heart failure, and to reduce risk of worsening kidney disease in adult patients with chronic kidney disease.

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

- Awiqli® subcutaneous injection
- Lynavoy® tablets
- Desmoda™ oral solution
- Yuwiwe® subcutaneous injection
- Icotyde™ tablets
- Atocny™ oral solution
- Foundayo™ tablets
- Bysanti™ tablets
- Langlara™ subcutaneous injection