

# Pharmacy Benefit Dimensions®

DIMENSIONS NEWSLETTER • EXPERTISE & SOLUTIONS

SPRING 2023

## Spring Clean Your Medicine Cabinet

*Tis the season for a fresh start*

People have a natural tendency to stash unused or expired medications in their medicine cabinet. Out of sight, out of mind, right? While this may seem harmless, this is a dangerous practice that could put you or your loved ones in harm's way. Unneeded medications left in an easily accessible area – such as a medicine cabinet – could lead to misuse, either accidental or intentional.

The U.S. Drug Enforcement Administration (DEA) has authorized bi-annual **National Prescription Drug Take Back Days**, taking place in April and October, which educate and encourage the community to remove unneeded medications from their homes.

There are a number of resources locally and nationwide that provide safe and convenient means for medication disposal. Taking the appropriate steps and following protocol are paramount to keep you, your loved ones, and your community safe from misuse.

- The best way to get rid of unused or expired medications is to **drop them off at any authorized collection site**.
- If there are no collection sites in your area or you are unable to drive, you can **safely discard of these medications in your own home** by carefully following the [guidelines](#) set forth by the U.S. Food and Drug Administration (FDA).

- o Consult the [FDA's Flush List](#) for those that you may flush down the toilet.

- o If your medication is not on the Flush List, you may follow these [steps](#) to safely discard of it in your household trash.

According to the DEA, last year's National Take Back Day's combined efforts yielded the disposal of over **1,300,000 pounds** of prescription medications. We urge you to join this initiative and ensure your spring cleaning efforts include your medicine cabinet to remove the risk of accidental or intentional misuse in your home. For more information about medication disposal, or to learn more about the next National Prescription Drug Take Back Day, visit the [DEA's website](#).



## From "Ahh" to "Ahh-Choo"

*A change in temperature gives way to seasonal allergies*

The arrival of spring delivers long-awaited warmer weather, but for nearly 25 million Americans it also marks the beginning of seasonal allergies. Seasonal allergies are triggered by environmental substances such as tree pollen and grass pollen. These substances, called allergens for those affected, are especially prevalent in the spring and summer months. Symptoms of seasonal allergies may include sneezing, coughing, runny eyes or nose, and itchy or watery eyes. These symptoms, while burdensome, are usually not severe and can in most cases be alleviated with over the counter (OTC) medications called antihistamines. Antihistamines are available in oral tablets as well as liquids in the form of nasal sprays and eyedrops. There are a number of brand name and generic antihistamines that come highly recommended for long-acting relief, such as **Zyrtec® (Cetirizine)**, **Allegra® (Fexofenadine)**, **Claritin® (Loratadine)**, **Astepro® (Azelastine)**, and **Zaditor® (Ketotifen)**. For most, antihistamines are effective in managing seasonal allergy symptoms, but there are proactive steps you can take to mitigate symptoms as well.

- Check pollen count early and often.
  - o In times of high pollen count, do your best to reduce periods of outdoor exposure, and keep windows and doors closed as much as possible.
- If using an air conditioner in your home, be vigilant in changing its filter. Air conditioner filters trap pollen spores which will trigger symptoms if not replaced regularly.

As always, consult your doctor or pharmacist with questions regarding allergy medications. If OTC medications are not providing relief, consider making an appointment with your health care provider or seeking a referral to an allergy specialist for testing and a treatment plan that is right for you.

## 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

## For Good Measure

*PBD at your service*

PBD's commitment to serve our members and clients is the driving force of all we do. While our associates strive to deliver exceptional service, there are many moving parts and external factors that inevitably cause issues from time to time. Our team recognizes that these issues require **fast action** and **informed decision-making**. Recently, our Help Desk received a call from a mother with a rejected claim for Lansoprazole, a medication commonly indicated to treat certain stomach and esophagus problems in infants. Upon escalation, our Prior Authorization team recognized that the claim was rejected because the compound kit was being billed rather than the covered product. Our Prior Authorization associate promptly called the provider to advise of the circumstance, at which point they were able to send a new prescription. The pharmacy had a paid claim within hours of the initial outreach, a terrific outcome for a mother in need. Each of our associates recognize that being entrusted with something as important as our clients' and members' prescription needs is a great responsibility! We are committed to continuous improvement and will always work hard to provide excellent service while maintaining a safe and effective standard of care.

## The Pharma-Scene

*PBD Drug Formulary Update*

Our Pharmacy and Therapeutics (P&T) Committee, which is made up of 14 participating physicians and 4 network community pharmacists, meets quarterly to review and make changes to the drug formulary. All drug tier decisions made by the committee are based on efficacy and safety first, and economic value only after clinical effectiveness has been determined.

Here are changes to the Pharmacy Benefit Dimensions drug formulary that were recommended by the P&T Committee at its February 2023 meeting.

<b>Abbreviation Key:</b>	PA: Prior Authorization	NF: Non-Formulary	SP: Specialty Medication	NPB: Non-Preferred Brand
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**The following medications were added to the formulary:**

Drug	Category	Tier	Comments
Rezlidhia®	acute myelogenous leukemia (AML)	NPB	PA, SP
Krazati®	non-small cell lung cancer (NSCLC)	NPB	PA, SP
Jaypirca®	mantle cell lymphoma (MCL)	NPB	PA, SP
Orserdu®	breast cancer	NPB	PA, SP
Sunlenca®	antiviral, HIV	Tier 2	

**The following changes were/will be made to the formulary:**

- budesonide delayed release capsules – remove PA
- Kristalose® - move to NF
- Millipred® - move to NF
- Bonjesta® - move to NF

**The following new generic medications are available:**

Brand Name	Generic Name	Category
Cambia®	diclofenac powder packs	acute migraine
Esbriet®	pirfenidone	pulmonary fibrosis
Hetlioz®	tasimelteon	non-24-hour sleep-wake disorder
Keveyis®	dichlorphenamide	primary periodic paralysis
Latuda®	lurasidone	bipolar depression; schizophrenia
Mirvaso®	brimonidine topical	rosacea
Trokendi®	topiramate	preventative treatment of migraine; epilepsy

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

- methylphenidate ER osmotic
- oxybutynin oral solution

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

- Elahere® - PA, SP
- Lunsumio® - PA, SP
- Sunlenca® injection
- Rebyota® - PA, SP
- Briumvi® - PA, SP
- Hemgenix® - PA, SP
- Tziel® - PA, SP