

# 2019 Pharmacy Programs

## Voluntary Smart90

With Smart90, you have two ways to get up to a 90-day supply of your long-term maintenance medication at your local Walgreens. You can conveniently fill those prescriptions either through home delivery from the Express Scripts Pharmacy or at a Walgreens near you.

What are some benefits to Voluntary Smart 90?

- Members have a choice of home delivery or retail for their 90-day maintenance medications
- You have the same copay whether you choose a 90-day supply via mail or retail

## Prior Authorization

When you're prescribed certain medicines, your pharmacist may tell you it requires Prior Authorization. That means your pharmacy plan needs more information to make sure the prescribed medicine will work well for you and your condition and that it is covered by your pharmacy benefit. Only your physician can provide this information and request prior authorization for your prescribed medications.

How does prior authorization work?

The first time you try to fill a new prescription that needs prior authorization (at a retail pharmacy or the Express Scripts Pharmacy), your pharmacist should explain that more information is needed from your doctor to determine whether the medicine is covered by your plan. The pharmacist will ask your doctor to call the Express Scripts Prior Authorization department to find out if the medicine is covered. Prior authorization phone lines are open 24/7 – so a determination can be made right away.

### What are my options if my doctor isn't available or prior authorization is denied

- If the pharmacist can't reach your doctor, you can ask about filling a small supply of your prescription until your doctor can be consulted. You may have to pay full price for this small supply.
- If your plan doesn't cover the medicine that was originally prescribed, ask your doctor about getting another prescription for a medicine that is covered.
- You can fill the original prescription at full price

## Drug Quantity Management

When you're prescribed certain medicines that are a part of a drug quantity management (DQM) program, your pharmacy plan makes sure you get it in the amount – or quantity – considered safe and effective by the U.S. Food & Drug Administration (FDA). Medical researchers look at individual medicines to determine a recommended maximum quantity that is considered safe. This is especially important for medicines that are challenging to take in the proper dose such as inhalers or nose sprays. These medicines are then added to a DQM program.

**Note:** Sometimes, doctors may write a prescription for a quantity larger than your plan covers. In this case, your pharmacist can contact your doctor and discuss changing your prescription to a higher strength, if one is available. If you run out of medicine before your refill date, it could mean you're using too much and you should talk to your doctor.

## Step Therapy

Step therapy simply means making sure you get safe and proven-effective medicine for your condition – at the lowest possible cost to you and the University. **In other words, it's how you can avoid paying more for the medicine you need.**

### How does step therapy work?

A panel of licensed physicians and pharmacists work with Express Scripts to recommend medicines for the step therapy program. Together, they review the most current research on thousands of prescription medicines tested and approved by the Food and Drug Administration (FDA). Then they determine the most appropriate medicines to include in the program. Medicines are then grouped in categories, or “steps.”

- First-line medicines – These are the first step and are typically generic and lower-cost brand-name medicines. They are proven to be safe and effective, as well as affordable. In most cases, they provide the same health benefit as more expensive medicines, but at a lower cost.
- Second-line medicines – These are the second and third steps and are typically brand-name medicines. They are best suited for the few patients who don't respond to first-line medicines. They're also the most expensive options.

### What happens if your doctor gives you a prescription that's not on the first-line list for your plan?

The first time you try to fill the prescription, your pharmacist should explain that step therapy requires you to try a first-line medicine before a second-line medicine is covered. Since only your doctor can change your current prescription, either you or your pharmacist need to speak with your doctor to request a first-line medicine that's covered by your plan. If you need your prescription right away, you may ask your pharmacist to fill a small supply until you can consult your doctor. NOTE: You might have to pay full price for this small supply.

**Please note: current prescription medications will not be subject to prior authorization and step therapy**