

For brokers and producers only

Date: November 19, 2019

Market: **All (except Medicare Supplement)**

2020 Pharmacy Management Strategy

Together with CVS Caremark, our pharmacy benefit manager, we continuously monitor the marketplace and adjust our formularies to address rising drug trends. With these adjustments, drugs may move to a different tier or may no longer be covered. In addition, there may be changes to prescription guideline requirements, including prior authorization, step therapy and quantity limits.

All Drug Lists are now available on the Drug Search page on www.carefirst.com/rx (ACA Small Group/Consumer Direct and 51+ fully-insured) and www.carefirst.com/rxgroup (self-insured) for the 2020 plan year. Formulary impact information is available on page 2.

Overview of Key Pharmacy Management Updates

Benefit Changes

- *Specialty Drug Day Supply Limit*
 - **Current:** Members may fill up to a three-month supply of a specialty drug.
 - **1/1/20 Change:** CareFirst will implement a supply limit per fill for specialty drugs. 51+ risk members may fill up to a one-month supply of a specialty drug. ASO accounts have the option to limit specialty drugs to one-month supplies.
 - **Why:** Help to prevent waste related to high-cost specialty drugs.
 - **Impact:** 4,560 members will receive a letter by December 1, 2019 explaining the new supply limit per fill for their impacted drug(s). There is an exception process if a member needs to fill up to a 90-day supply for medical necessity reasons. For more information on the Exception Process, visit www.carefirst.com/rx.

Utilization Management Changes

- *Duration Limit and Step Therapy: Opioids*
 - **Current:**
 - Duration Limit: On the Commercial and Exchange Formularies, initial opioid prescriptions are limited to a 7-day supply for all members. Members can fill a greater supply with an approved prior authorization.
 - Step Therapy: The Exchange Formulary requires an immediate release fill before an extended release product.
 - **1/1/20 Change:**
 - Duration Limit: On the Commercial and Exchange Formularies, initial opioid prescriptions will be limited to a 7-day supply for members who are 20 years old or older. Members who are 19 years old or younger will be limited to a 3-day supply. Members can fill a greater supply with an approved prior authorization.
 - Step Therapy: CareFirst will expand its current strategy from the Exchange Formulary to the Commercial Formularies to require an immediate release fill before an extended release product.

- **Why:** To align with CDC Guidelines and other industry safety practices.
- **Impact:** There is no current member impact. The change only applies to members who are new to fill.
- **Quantity Limits: Lyrica and Epinephrine Injectors**
 - **Current:** Quantity limits are not applied to Lyrica or Epinephrine injectors on the Commercial Formularies.
 - **1/1/20 Change:** CareFirst will implement CVS' standard quantity limits for Lyrica which are based on the maximum doses approved by the FDA. CareFirst will also implement a quantity limit of 6 epinephrine injectors per 300 days on the Commercial Formularies.
 - **Why:** Enhance safety practices and realize cost savings.
 - **Impact:** 44 members for Lyrica and 263 members for Epinephrine Injectors (3.7% of epinephrine utilizers).

Maintenance Drug List Changes

- **Current:** CareFirst provides a Maintenance Drug List that identifies which drugs can be filled for up to a three-month supply and which drugs are included in the Maintenance Choice Programs: All Access and Voluntary. This list was posted on the fully insured website.
- **Change as of 1/1/20:** CareFirst will align its Maintenance Drug List with CVS' standard maintenance drug list. This list will only identify drugs that are included in the Maintenance Choice Programs: All Access and Voluntary. Since the Maintenance Choice Programs are only available to ASO members, the new list is available on the self-insured website (carefirst.com/rxgroup).
- **Why:** The new, simplified list will minimize confusion on which drugs are included in the Maintenance Choice Programs.
- **Impact:** N/A

Disruption by Formulary

Formulary changes and disruption information from 2019-2020 for those members who use drugs is summarized below:

| Formulary | Segment | 2019 | 2020 | 2020 Negative Disruption |
|------------------------|-------------------------------|---|---|--------------------------|
| Formulary 1 | Non-Risk | No exclusions | No exclusions | 1.12% |
| Formulary 2 | Non-Risk | 176 products excluded | 205 products excluded | 5.29% |
| Formulary 2 (with PAs) | Grandfathered Risk | 176 products with Prior Authorizations Required | 205 products with Prior Authorizations Required | 5.37% |
| Formulary 3 | 51+ Risk and Non-Risk | 265 products excluded | 307 products excluded | 4.93% |
| Exchange | Consumer Direct and 2-50 Risk | More than 1,650 covered drugs | More than 1,899 covered drugs | 2.46% |

Note: Pen needles, syringes and test strips are additional to the total number of products that are excluded or require a prior authorization for each of the formularies.



- For **Formulary 1**, there are no drug exclusions: 1.12% of members will have a drug moved to a higher drug tier (negative disruption) and .02% of members will have a drug moved to a lower drug tier (positive impact).
- For **Formulary 2**, there will be 205 excluded/prior authorized products in 2020 versus 176 excluded/prior authorized products in 2019.
 - For Formulary 2 with exclusions, 5.29% of members will be negatively impacted by a drug exclusion or by a drug moving to a higher drug tier.
 - For grandfathered members on Formulary 2 with prior authorization, 5.37% of members will be negatively impacted by a drug exclusion or by a drug moving to a higher drug tier.
- For **Formulary 3**, there will be 307 excluded products in 2020 versus 265 excluded products in 2019.
 - 4.93% of members will be negatively impacted by a drug exclusion or by a drug moving to a higher drug tier.
- For the **Exchange Formulary**, there are more than 1,899 covered drugs in 2020 versus approximately 1,650 in 2019. Drugs are covered in every category and class, per federal requirements.
 - 2.46% of members will be negatively impacted by a drug exclusion or by a drug moving to a higher drug tier.

For more information

If you have any questions, please contact your broker sales representative.

