



Rx Focus

OTC Assist Program

Over-the-Counter Medication Benefit

CBCA Rx is currently working with many of our clients to address options that exist with Over-the-Counter drug benefits. Non-Sedating Antihistamines (NSAs) and Proton Pump Inhibitors (PPIs) are the current focus, but it is expected that nasal steroids, other non-sedating antihistamines, and medications to treat cholesterol may make the OTC switch in the future. CBCA Rx has embraced this trend to offer clients and their members a method to contain the increasing cost of pharmacy benefits. CBCA Rx expects this opportunity can significantly impact each client's pharmacy costs.

As part of providing prescription benefits management, CBCA Rx will provide coverage of selected over-the-counter (OTC) medications via your CBCA Rx prescription benefit.

OTC Medications included in this benefit are in two therapeutic classes: the Proton Pump Inhibitors for heartburn (Prilosec OTC) and Non-Sedating Antihistamines for the treatment of seasonal allergies (Claritin, Claritin-D, and generics).

CBCA Rx will provide coverage for OTC agents when prescribed by a physician at a lower or no copayment to the member. The alternative prescription agents (identified below) will be moved to a non-preferred status or Third Tier of medication benefits. These "Third Tier" medications will be covered at the highest member copayment.

Medication Classes:	Non-Sedating Antihistamines	Proton Pump Inhibitors
OTC	Claritin available generically as Loratadine	Prilosec OTC
Generics	Fexofenadine	Omeprazole
Non-Preferred Brand/Third Tier	Clarinex, Clarinex D, Allegra, Allegra D, Zyrtec, Zyrtec D	Aciphex, Prilosec, Nexium, Protonix, Prevacid

Plans implementing the OTC Assist™ program can expect to save 50-75%¹ of pharmacy costs per prescription dispensed. These therapeutic classes are among the most used. CBCA Rx will further support your group's objectives by providing information to the members and support through our Account Management and Customer Service staff.

References:

1. CBCA Rx Data, 2005.



Industry Report

End of Insulin Sale

Eli Lilly and Company announced on July 6, 2005 that they will discontinue manufacturing several insulin products. The following affected products will be discontinued by the end of 2005:

- Humulin® Lente
- Humulin® Ultralente
- Iletin® II porcine insulin, Regular
- Iletin® II porcine insulin, NPH

Lilly has estimated that the withdrawal will affect less than 2% of the 3.5 million insulin dependant diabetics in the US. These products have seen a significant decline in utilization as newer and more innovative products have come to market. Patients who have concerns or questions concerning these products are urged to contact their physician and/or Eli Lilly and Company. The manufacturer can be reached at 800-545-5979.

Palladone Sales and Marketing Suspended

At the request of the US Food and Drug Administration, Purdue Parma L.P. has voluntarily suspended the sales and marketing of Palladone capsules. The suspension of sales was effective 7/15/2005. Palladone was removed from the market after it was determined that its unique delivery system will cause a rapid release of hydromorphone in the presence of alcohol. Palladone is a long acting narcotic medication used to relieve pain.

Lyrica® (pregabalin)

Pfizer was recently granted FDA approval of Lyrica®, a gabapentinoid, for neuropathic pain management associated with diabetic peripheral neuropathy (DPN) and postherpetic neuralgia (PHN). It is the first drug to be FDA approved for both of these neuropathic pain states. The US FDA has also approved Lyrica® for adjunctive treatment of partial seizures in adults. Lyrica® will be classified as a Schedule V controlled substance by the US DEA.

Prior Authorization Update:

Byetta™ (exenatide)

A recently approved medication derived from the saliva of the Gila monster, has been added to the list of drugs that will require prior authorizations for all groups. This is the first

medication that acts by producing an incretin-like activity. This increases insulin secretion, and it also lowers circulating plasma glucagon levels.

Byetta™ is given as an additional medication for patients with Type II Diabetes. Byetta™ is formulated for self-administration as a fixed dose, subcutaneous injection given prior to the morning and evening meals. Byetta™ is made in both a 5-microgram per dose and a 10-microgram per dose prefilled pen-injector device.

Byetta™ is indicated as adjunctive therapy to improve glycemic control in patients with type 2 diabetes mellitus who are taking metformin, a sulfonylurea, or a combination of metformin and a sulfonylurea but have not achieved adequate glycemic control. During clinical studies overweight patients also lost weight.

CBCA Rx's Prior Authorization criteria verify that patients are not controlled on the above described therapies and have not achieved adequate glycemic control via HB A1C levels. Byetta™ will not be covered for the sole purpose of weight loss.



New Drug Approvals

BiDil®

Approved: 06/23/2005

Chemical Name: Hydralazine/ Isosorbide dinitrate

Manufacturer: NitroMed, Inc.

Therapeutic Class: Heart Failure

Approved Indication: the treatment of heart failure for African-American patients

Average Wholesale Price: \$356.40/month

Notes: This medication will be covered for members of CBCA RX groups.



New Generic Approvals

Fexofenadine Tablets

Released: 9/6/2005

Manufacturers: Teva Pharmaceuticals/Barr Labs

Brand Name Equivalent: Allegra

Approved Indication: Non-Sedating Antihistamine

Hydrocortisone Butyrate Cream

Approved: 8/3/2005

Manufacturers: Taro Pharmaceuticals

Brand Name Equivalent: Locoid Cream

Approved Indication: Topical Corticosteroid.

Clonazepam Orally Disintegrating Tablets

Approved: 8/3/2005

Manufacturers: Barr Labs.

Brand Name Equivalent: Klonopin Rapidly Disintegrating Tablets

Approved Indication: Seizure Disorder and Panic Disorder.



Recipe X-Change

Potato-Zucchini Pancakes with Warm Corn Salsa

2 cups frozen hash brown potatoes, thawed
1½ cups shredded zucchini, drained
½ cup cholesterol-free egg substitute
¼ cup all-purpose flour
2 T chopped onion
2 T chopped green bell pepper
¼ Tsp salt
Dash of black pepper (or more, if desired)
Nonstick cooking spray
Warm Corn Salsa (recipe follows)

1. Prepare Warm Corn Salsa. Keep warm.
2. Combine potatoes, zucchini, egg substitute, flour, onion, bell pepper, salt and black pepper in medium bowl until well blended.
3. Spray large nonstick skillet with cooking spray; heat over medium-high heat until hot. Drop potato mixture by ¼ cupfuls into skillet. Cook pancakes, four or six at a time, about 3 minutes on each side or until golden brown. Place 2 pancakes onto serving plate; top with ½ cup Warm Corn Salsa.

Makes 3 cups

Nutritional Information per Serving: Calories: 110; Total Fat: trace; Cholesterol: 0mg; Sodium: 437mg

Warm Corn Salsa

Nonstick cooking spray
2 T chopped onion
2 T finely chopped green bell pepper
1 pkg. (9 oz.) frozen corn, thawed
1 cup chunky salsa
2 tsp. chopped cilantro

Spray small nonstick skillet with cooking spray; heat over medium heat until hot. Add onion and bell pepper. Cook and stir 3 minutes or until crisp tender. Add corn, salsa and cilantro. Reduce heat to medium-low. Cook 5 minutes or until heated through.



CBCA Pharmacy Benefits Management
675 Foxon Road, Suite 204
East Haven CT 06513
Phone: (800) 936-1193
Fax: (203) 468-8416

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