



Rx Focus

MedManage Rx Quantity Limits with a Twist

During this past summer, CBCA Rx developed and implemented to all clients our unique quantity limit program, MedManage Rx. This program is an extension of the previous CBCA Rx Utilization Guidelines that was limited to 30 medications. Our Pharmacy and Therapeutics Committee has researched and selected over 700 of the most frequently prescribed medications.

CBCA Rx has provided these limits to eliminate the overuse of medications. The aim of the MedManage Rx quantity limits is to provide optimal dosing to members based upon the commonly used dosing frequencies of medications. Programs such as these provide clients with additional savings via these DUR initiatives. In addition the program allows physicians and pharmacists to appeal quantity limits for individual members.

Pharmacies attempting to process prescriptions for members above the identified limits will receive a message indicating the reason for the rejection and the maximum dosage allowed. This will save the pharmacist time by letting them know the reason the claim has been denied, as well as a potential solution. If an error has occurred the pharmacist can correct it and reprocess the claim.

Each morning a CBCA Rx Clinical Services staff member will receive a rejection report for the previous day's claims due to the MedManage Rx program. They will investigate the reason for the rejection and determine the error. After reviewing the claim information submitted, the staff member will contact the physician or pharmacy to gain additional information to be used in determining whether an override should be provided. If the medication's directions do not match the medication's quantity limitation the physician may be sent a Letter of Medical Necessity. Once returned, the information provided will be reviewed against common healthcare practices. If criteria meet current standards, an override is provided and the physician, pharmacy and member are notified. Our Clinical Pharmacists will review requests that do not meet acceptable standards with the prescribing physician and suggest alternative therapy options when available.

Included within the MedManage Rx program are many of the top therapeutic classes with medications that are used in generally accepted fixed dosages. Examples include:

- Agents to treat Multiple Sclerosis
- Anaphylaxis Therapy Agents
- Anti-Migraine Preparations

- Anti-Ulcer (H. Pylori) Agents
- Asthma Medications
- Contraceptives
- Diabetes medications and supplies
- GI Medications
- Impotence
- Hormone replacement therapies
- Medications to treat BPH
- Medications to treat Hypertension
- Medications to treat Malaria
- Narcotic Analgesics
- Non-Sedating Antihistamines
- Osteoporosis Medications
- Prenatal Vitamins
- Sleeping Disorder

Your CBCA Rx Account Manager will be happy to assist you with any questions that you may have concerning the MedManage Rx Program.



Industry Report

Flu Shots

Following last year's disruption in manufacturing of the influenza (flu) vaccine, the United States Centers for Disease Control and Prevention (CDC) has issued recommendations for distribution of the vaccine. Those members of the population that are at a high risk for severe complications have been given priority in receiving the vaccination.

CDC has recommended that people in "priority groups" receive the inactivated vaccine until October 24, 2005. After October 24th, the general population will be able to receive a vaccination. Those that want to lower their chances of getting the flu can get the flu shot.

The prioritized groups include the following:

1. Persons age 65 years or older.
2. Persons residing in a nursing home or chronic care facility.
3. Persons with lung or heart disease.
4. Persons with asthma.
5. Persons with a chronic metabolic disease: kidney, blood, or diabetes.

6. Persons with any condition that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration.
7. Persons who are immunosuppressed.
8. Parents or legal guardians of children receiving long term aspirin therapy.
9. Pregnant women.
10. Healthcare workers directly involved in patient care.
11. Out of home caregivers or household contacts for children less than 6 months of age.

References:

- 1.) Centers for Disease Control and Prevention, Questions & Answers: Flu Vaccine. Retrieved October 5 2005, from <http://www.cdc.gov/flu/about/qa/flu vaccine.htm>



New Drug Approvals

Angeliq®

Approved: 9/29/2005

Chemical Name: Drospirenone/Estradiol

Manufacturer: Berlex

Therapeutic Class: Hormone Replacement Therapy

Approved Indication: Treatment of moderate to severe vasomotor symptoms associated with menopause.

Average Wholesale Price: unavailable at this time

Notes: This medication will be covered for members of all CBCA Rx plans, but may be subject to MedManage Rx Quantity Limits.

Rozerem™

Approved: 9/27/2005

Chemical Name: Ramelteon

Manufacturer: Takeda Pharmaceuticals North America, Inc.

Therapeutic Class: Insomnia treatment

Approved Indication: indicated for the treatment of insomnia characterized by difficulty with sleep onset.

Average Wholesale Price: \$2.81/tablet

Notes: This medication will be covered as a non-preferred medication for members of CBCA Rx plans that utilize a Preferred Medication List. Rozerem will be subject to MedManage Rx Quantity Limits of one tablet per day.



New Generic Approvals

Glimepiride

Approved: 10/7/2005

Manufacturer: Ranbaxy Pharmaceuticals Inc.

Brand Name Equivalent: Amaryl®

Approved Indication: Glimepiride is indicated as an adjunct to diet and exercise to lower the blood glucose in patients with non-insulin-dependent (Type II) diabetes mellitus (NIDDM) whose hyperglycemia cannot be controlled by diet and exercise alone.

Notes: Amaryl® and generic glimepiride are subject to MedManage Rx Quantity Limits.



Recipe X-Change

Homemade Chicken Soup

With Flu Season upon us, this recipe is the perfect meal to help ward off the flu or a cold, and is great for serving on those damp, chilly days. Best of all, it can be made ahead of time!

- 1 small whole chicken
- 2 quarts water
- Salt (to taste)
- 1 tablespoon of poultry seasoning
- 2-3 medium onions, peeled and quartered
- ½ pound of baby peeled carrots
- 3 celery stalks cut into pieces
- ½ to 1 pound of fresh green beans cut up into pieces
- 8 whole black peppercorns crushed
- A few sprigs of fresh parsley

In a large pot, add whole chicken to water and bring to a boil. Add salt and poultry seasoning and continue cooking at a low boil for 45 minutes. While the chicken is cooking, cup up the onions, celery and green beans; set aside. Carefully remove the chicken from the pot and place on a large dish. Let chicken cool for a few minutes before handling. Add remaining ingredients to the pot and simmer. Remove skin, fat and bones from the chicken. Set half of chicken meat aside to be used for another meal or sandwiches at a later time. Add remaining chicken back into pot and continue to simmer. Add salt and pepper to taste.

Enjoy straight up with saltine crackers or add cooked rice or noodles.



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