



Clinical Programs, Editing, & Tools

Scripius provides clinical programs, claims editing, and prescribing tools to improve outcomes and save money. Our clinical programs, for example, save our clients and members over \$25 million annually. Our measures are established in conjunction with the Scripius Pharmacy and Therapeutics (P&T) Committee, FDA guidelines, and in consultation with trusted physicians and are integrated, where needed, with Intermountain Healthcare's Clinical Programs. These programs include:

- > **Preauthorization:** Helps curb inappropriate utilization or over-utilization of a particular product or class of medications.
- > **Step Therapy:** Established electronic edits allow claims to process without intervention from pharmacists or physicians after specific requirements have been met in a patient's claims history. For example, branded second-line antidepressants will process automatically without preauthorization if a patient has already tried the requisite first-line generic antidepressants.
- > **Quantity Limits:** Scripius establishes appropriate limits on the quantity of medications dispensed. For example, many pain medications contain acetaminophen and can cause adverse events when taken in excess of four grams a day. Currently, products containing acetaminophen are limited to total daily doses less than this amount.
- > **Age Limits:** We have appropriate limits based on age to ensure appropriate use of medications when

the evidence supports their use.

- > **Dose Optimization:** Scripius encourages members to use the most appropriate dose of their medications. Optimal dosing can help members feel better faster while reducing healthcare costs. For example, a simple and cost-effective treatment may require one 20-mg pill instead of two 10-mg pills.
- > **Concomitant Therapy:** Scripius edits claims to prevent members from receiving duplicative therapy.
- > **Polypharmacy Reviews:** Our pharmacists review pharmacy claims for members who are high utilizers of prescription drugs to identify potential drug-drug interactions, duplications of therapy, and opportunities for use of generics. The findings are provided in the form of education for members and providers.

MEDICATION COMPLIANCE AND PERSISTENCE INITIATIVES

These programs help ensure that patients are compliant with therapy as prescribed by their physician. The programs also help patients continue to get medications filled or help them be persistent with therapy. Individual programs include:

- > **Refill Reminders:** Refill reminders are mailed and/or emailed (for members who choose electronic communications) to Scripius members who are

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Clinical Programs, Editing, & Tools

three to 10 days late in filling their prescriptions. Reminder letters include education about the importance and benefits of taking the medication. Examples of targeted conditions may include:

- Hypercholesterolemia
- Hypertension
- Diabetes
- Depression
- Atypical anti-psychotics
- Osteoporosis

> **Clinical Expertise:** Scripius provides clinical pharmacy support and direction for several clinical programs charged with improving outcomes and controlling costs. Examples of these programs include:

- Diabetes
- Asthma
- COPD
- Hypertension
- Depression, OCD, and ADD
- Women's Health
- Neonatal programs
- Obesity
- Hepatitis C
- Oncology
- Rheumatology
- Multiple Sclerosis
- Growth Hormone Deficiency

PRESCRIBING INTEGRATION

Scripius helps integrate care and improve delivery of medications to members by tools such as:

> **Electronic Prescribing**

- Scripius employs several vendors to facilitate easy e-Prescribing.
- More than 60% of our member prescriptions are sent electronically.
- As part of e-Prescribing, physicians can access patient prescription histories as well as benefit information for preferred medications.

> **Electronic Preauthorization Submission**

- PromptPA optimizes preauthorization accuracy and turnaround time; the current average turnaround time is 6-7 hours.
- Electronic submission allows providers to monitor authorization status from the time of request to decision determination and notification to provider and members.
- Electronic preauthorization (ePA) produces quicker submissions and real-time decisions for the provider.
- Integration with well-known national preauthorization vendors gives providers more options for initial request entries.

> **Real-time Benefit Check**

- Providers get real-time formulary and coverage status including utilization management requirements (e.g., step therapy, quantity limits, preauthorization), if applicable, for a specific member.
- Deductible and out-of-pocket maximum accumulators help estimate actual out-of-pocket costs for members in addition to copay/coinsurance requirements.

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Clinical Programs, Editing, & Tools

OPIOID MANAGEMENT

Scripius has a proactive opioid management program with proven success. The program has contributed to a significant downward trend of opioid prescriptions per 1000 members, the average dose and duration of prescriptions, and overall savings.

> **Multidisciplinary Collaboration**

- Collaborative efforts with providers reduced opioid doses by more than 30% in 2018*, increased the use of opioid misuse therapies, and substantially reduced instances of co-prescribed opioids.
- Over-utilization committees include nurse case managers, medical directors, social workers, and pharmacists who coordinate care plans for members who disproportionately use healthcare resources.

> **High-risk Member Identification**

High-risk members are placed into a medical management agreement with Scripius, a specific provider, and a specific pharmacy. These members are identified by several indicators such as:

- Frequent prescriptions
- High-dose prescriptions
- Multiple providers or pharmacies
- Frequent emergency room utilization
- Provider referrals

> **Opioids in Pregnancy**

- A comprehensive program identifies pregnant women on opioids or at risk for opioid misuse.
- Care plans reduce pregnancy complications and minimize neonatal abstinence syndrome.

> **Utilization Management**

- Quantity limits based on the recommendation from the Centers for Disease Control and Prevention (CDC) for Morphine Milligram Equivalents (MME) per day.
- Unique to Scripius, these quantity limits incorporate all opioids a member may be taking, so their daily MME will not be more than the recommended limits.
- Edits eliminate coverage of multiple long-acting opioids.
- Direct, real-time, opioid specific messaging to pharmacies.
- Initial limited day supply of opioids when members have not filled opioids within the preceding few months.
- Pediatric member-specific edits.
- Concomitant benzodiazepine restrictions.

> **Provider Scorecards**

- Providers receive actionable member-specific lists identifying those with high MMEs per day.
- Providers have the visibility of how they compare to other providers including:
 - Average MME per day of all their patients
 - Number of patients over defined MME thresholds
 - Change of metrics over time

Providers identified with a high number of patients on opioids and/or patients on high doses of opioids are personally visited by a medical director and a pharmacist.

**intermountainhealthcare.org/news/2019/02/intermountain-healthcare-announces-opioid-reduction-initiative-results/*