WELL_moment_

Better Conversations. Better Health.

Pharmacy Benefits

Cutting Through the Confusion

Vanderbilt Health
Affiliated Network

Housekeeping

- Our goal is to have this be an interactive session, so please submit your questions throughout the presentation via the chat box.

- We will send an email of the recording and the presentation slides, along with links to resources discussed.

- We invite you to participate in the survey following today's presentation.

- We'd love to hear from you! If we don't cover something, or if your question isn't answered, contact us at memberinfo@vhan.com.

Your prescription insurance card 1

Your formulary and benefit information 2

Commonly encountered pharmacy problems 3

Best practices for managing medications 4

Agenda

Your prescription information may be listed on your medical card, or may be listed on a separate card

You will know it is your prescription card if it has these pieces of information:

- Rx Bin
- Rx PCN
- Rx Group

Many companies now offer digital versions of insurance cards

There should be a phone number listed on the back of the card if you have any questions, as well as a website with additional information

Now let's consider your formulary and preferred pharmacy networks

Understanding what medications are covered, at what cost, and at what location can be confusing, and requires you to understand a lot of terminology

- Brand/Generic
- Coinsurance
- Copay/Copayment
- Formulary
- Prior Authorization
- Quantity Limit
- Specialty
- Step Therapy
- Tier

Example Formulary

Drug Name	Category	Tier	Notes
ADDERALL XR CAPSULES	Central Nervous System Agent	NF	
allopurinol tablets	Gout Therapy	1	
benazepril & hydrochlorothiazide tablets	Antihypertensive	1	
budesonide ER tablets	Corticosteroid	1	QL (1/day)
CAMBIA PACKET	Migraine Product	3	ST
CAMZYOS CAPSULE	Cardiovascular Agent	S	PA – QL (1/day)
capecitabine tablets	Antineoplastic	S	
cephalexin capsules	Cephalosporin	1	
digoxin tablets	Cardiotonic	1	QL (1/day)
DORYX MPC TABLETS	Tetracycline	NF	
ENBREL INJECTION 50MG	Immunologic Agent	S	PA-QL (4 inj/28 days)
FOSAMAX PLUS D	Endocrine and Metabolic Agent	3	ST
MOUNJARO INJECTION	Antidiabetic	3	RTD
OZEMPIC INJECTION	Antidiabetic	2	
risperidone tablets	Antipsychotic/Antimanic	1	

NF = Non-Formulary

OTC = Over-the-Counter

PA = Prior Authorization

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RTD = Restricted to Diagnosis

S = Specialty Drug

ST = Step Therapy

Example Plan Design

Tier	Preferred Pharmacy	Network Pharmacy	Specialty Pharmacy
1	$5 copay	$10 copay	N/A
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1. Formularies list brand and generic medications covered by your insurance.

Formularies may list medications alphabetically or by category - and some will do both.

Often (as in this example), medications listed in all caps are brand name medications, while those that are lower case are generic medications.

Brand name medications are sold by a single manufacturer and are usually higher in cost.

Generic medications **work** in the same way as brand-names but are typically lower cost.

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2 Drugs are often grouped by the conditions that they treat. Some formularies may sort by category, whereas others may list it as an extra column.

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3 The Tier that the prescription drug falls into will give a good idea about how much it will cost when you pick it up at the pharmacy.

Different formularies will have different numbers of tiers, but in general, lower tiers are less expensive than higher ones.

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4 Either directly on the formulary, or listed elsewhere in your benefits information, there is a more in-depth description of the cost of each tier.

Some tiers have flat copay amounts that will tell you exactly how much you should expect to pay.

Others may have a coinsurance listed, which means that you will pay a percentage of the total cost of the drug.

This section should also tell you if your plan has "preferred" pharmacies that may offer your prescription drugs at a lower cost.

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5 There is often an extra column on the formulary - it can have many different titles - but it will tell you if there are any other specific restrictions that your plan requires

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6 A Prior Authorization (PA) means that your insurance requires prior approval before the prescription drug will be covered.

A Quantity Limit (QL) means that there is a limit on the number of doses that will be covered by your insurance within a certain period.

7 Step Therapy (ST) means that previous step(s) must be tried first before insurance will cover the cost of the prescription drug.

8 Restricted to Diagnosis (RTD) means that the medication will only be covered for specific diagnosis/diagnoses.

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Commonly Encountered Pharmacy Problems

Prior authorizations

Refill too soon

No refills remaining

Unaffordable cost

Prior Authorizations

What are they?

A process where your insurance company requires advance approval before a medication can be obtained

What is required?

A form is submitted by your provider explaining why the medication is needed

What can you do?

Notify your provider if a pharmacy tells you a prior authorization is needed. Help provide your provider with information such as medications you have used in the past

Refill Too Soon

What does it mean?

Based on how much medicine you received previously, you should have medication remaining.

What is required?

You will have to wait a few days until a refill can be approved.

What can you do?

Confirm that your prescription instructions match how you actually take the medication.

No Refills Remaining

What does it mean?

Your current prescription does not have any refills left.

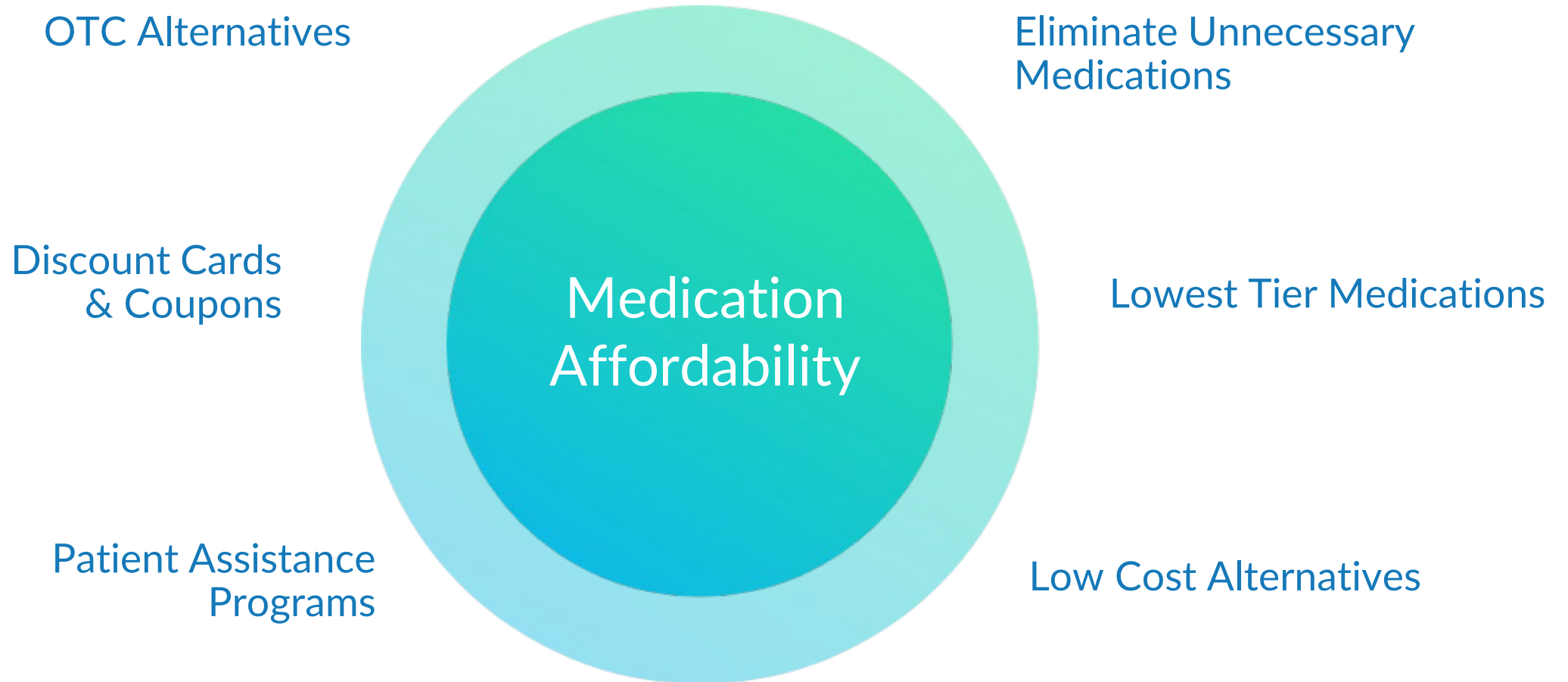**What is required?**

A new prescription from your provider is needed. The pharmacy may ask the provider directly on your behalf.

What can you do?

Before requesting refills from the pharmacy, check your prescription label for how many refill are remaining. Plan refills and request any new prescriptions from your provider in advance.

Unaffordable Cost

Medication Affordability

OTC Alternatives

Eliminate Unnecessary Medications

Discount Cards & Coupons

Lowest Tier Medications

Patient Assistance Programs

Low Cost Alternatives

Best Practices for Managing Medications

- Maintain an accurate list of medications

- Associate a diagnosis or condition with every medication

- Refill medications *before* you run out. Maintain regular provider visits for prescription evaluation and renewal

- Ask about what to expect with a new prescription – how to tell if it's working or hurting

- Organize your meds – have a place, a regimen, a system. Get rid of old medications