

# Prescription Drug Management (RX)



Christian Brothers Services (CBS) is dedicated to providing programs and services that deliver safe and affordable pharmaceuticals, as well as to supplying the information and treatments needed to maintain a healthy lifestyle. Below are prescription drug management programs that help make smarter choices that achieve the lowest plan cost.

## Prior Authorization

Prior authorization monitors prescription drugs to ensure you are getting a medication that is suitable for the intended use and covered by your pharmacy benefit. If your prescription requires a prior authorization, your physician needs to be consulted to provide additional information before it can be covered under your benefit. Only your physician can provide this necessary information to insure the prescription is dispensed safely and for the appropriate conditions. If your physician confirms that the clinical criteria are satisfied, the prescription can be filled under your benefit coverage. If the clinical criteria are not satisfied, the claim is not covered under your benefit. The Pharmacy Benefits Manager (PBM), Express Scripts Inc. (ESI), will contact your pharmacist and also will send you a letter describing the reasons for denial and provide instructions if you wish to appeal this denial.

## Step Therapy

Step Therapy is a managed approach to prescription drugs intended to control costs and mitigate risks posed by prescription drugs. You begin medication(s) for a medical condition with the most cost-effective and safest drug therapy and progress to other more costly or risky therapies only when and if necessary. Step Therapy is

required for certain prescribed medications. Typically, the Plan will allow benefits for the least expensive drug within the same drug class (Step 1) to see if it is effective. If it works well, no more "steps" are needed. However, if you do not have the desired outcome with the first drug, then a second drug, the next least expensive drug in the same class, will be tried (Step 2), and so forth until you find the medication that is most effective. Step Therapy will be managed by ESI. There is nothing required of you as the program will automatically be implemented when certain medications are prescribed.

## Quantity Limitations

Quantity limitations is a quality, cost-saving benefit promoting the safe and appropriate use of medications. This ensures your prescription contains the approved amount of medication covered by the Plan for a specific time period. The amount approved is based upon guidelines developed and approved by the manufacturer and the FDA. These limits affect only the amount of medication covered. The final decision regarding the amount prescribed remains between you and your physician.

When you submit a prescription, the pharmacist will see an indicator in their system that the quantity exceeds the maximum allowed by the Plan. This message also will include the quantity allowed by the Plan. The pharmacist can then dispense the allowed quantity. The prescribing physician can always request an approval to dispense the original amount and strength prescribed by documenting the reasons for the higher quantity. If approved, you are notified and can receive the original quantity prescribed.



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