

# AN ACTIVE, DISCIPLINED APPROACH TO FORMULARY MANAGEMENT TO DRIVE BETTER PLAN AFFORDABILITY

## Changes begin 7/1/18

To position our pharmacy plans for long-term affordability, Cigna regularly makes changes to our prescription drug lists (formularies). In alignment with our low net cost formulary strategy, this process ensures that any decision to actively manage a specific drug within a class is both clinically appropriate and provides better overall value.

### Changes beginning 7/1/18

Pharmacy costs are currently the number one driver of client expenses under both pharmacy and medical benefits.<sup>1</sup> At the same time, opioid use and abuse continues to be a U.S. public health crisis.<sup>2</sup> To address these issues, Cigna's July 2018 formulary strategy will be to maintain high clinical value while continuing to use a low net drug cost approach to manage access to costly branded drugs. At the same time, we will build upon current steps to help ensure safe opioid dispensing and use.

### Here is a summary of the July 2018 changes

1. **Continue to remove high cost/low value drugs** from formulary that are inappropriately priced compared to identical/near identical products (low use/high savings by removing).
  - For July 2018, this includes **Solaraze/Diclofenac** for management of precancerous skin lesions but also used (off-label) for pain, and **Mycobutin**, used for particular type of infection in HIV-infected patients
  - More affordable options are available
  - Medical necessity coverage review is available to customers
2. **Lifestyle drug changes – erectile dysfunction (ED)**
  - New generic drugs are reaching the market for costly lifestyle conditions such as ED – because of this, clients who cover ED drugs (like Viagra) will see approximately a 30% (or \$0.25–\$0.30 PMPM) reduction in ED spend by mid-2018.
  - Cigna is making modifications to the management of this drug class. For example, adding Step Therapy for some branded ED drugs and promoting the use of more affordable options, like generic Viagra.
3. **Apply quantity limits for certain drugs** to manage cost and safety<sup>3</sup>

Cigna will implement Maximum Daily Dose Limits (MDD) for certain drugs as published by the drug manufacturer and the U.S. Food and Drug Administration (FDA). Some drugs are used
- incorrectly, inappropriately or are prescribed in doses higher than the MDD – which can increase cost and may also have safety concerns. These actions are designed to help promote drug safety and savings.
4. **Promote safer use of opioids** for those most at risk
 

Cigna's goal of reducing opioid prescriptions by 25% by 2019<sup>4</sup> is close to being achieved, but we must go further to address this crisis. To this end, we will apply three main clinical formulary strategies in July 2018. These strategies focus both on the volume of opioid drugs available to customers as well as reducing the likelihood of unintentional overdose.

  - Tightly manage the use of two potent opioids through a prior authorization strategy to promote drug safety (**Methadone and Fentanyl Patches**)<sup>5</sup>
  - Apply additional quantity limits (day supply limits) to **new prescriptions for short-acting opioids** (from 15- to 7-day supply)<sup>3</sup>
  - Use a **personalized dose calculation (called morphine milligram equivalents, or MME)** to monitor and manage use for customers taking high daily levels of opioids – applies to ALL opioids
5. **Applying a flexible specialty drug strategy**

Cigna continues our disciplined specialty drug strategy – using tight utilization management actions – to manage specialty drug cost across the medical and pharmacy benefits to promote affordable alternatives.

**Below is a list of drug classes and drugs that are moving to not-covered or non-preferred brand status, or will require approval for coverage on the [Value Formulary](#), beginning July 1, 2018.\***

DRUG CLASS	DRUG(S) NOT COVERED IN DRUG CLASS^	DRUG(S) COVERED IN DRUG CLASS
INFECTIONS	Mycobutin	rifabutin
SKIN CONDITIONS	diclofenac 3% gel, Solaraze	Fluoroplex, fluorouracil topical, imiquimod cream, Picato
DRUG CLASS	NON-PREFERRED BRAND DRUG(S)	GENERIC AND/OR PREFERRED BRAND ALTERNATIVES
BLOOD THINNERS/ANTI-CLOTTING	Arixtra	fondaparinux
	Lovenox	enoxaparin
	Reopro <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
CANCER	Evomela <sup>+</sup> , dexrazoxane <sup>+</sup> , Nilandron <sup>+</sup> , nilutamide <sup>+</sup> , Zinecard	Talk with your doctor to find out if there are lower-cost options available.
	Targretin capsule	bexarotene
CONTRACEPTION PRODUCTS	Depo-Provera 150mg/ml	medroxyprogesterone
	LoSeasonique	Amethia Lo, Camrese Lo, levonorg-eth estradiol 0.1/0.02/0.01mg
	Nexplanon <sup>+</sup> , Paragard T 380-a <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
	Seasonique	Amethia, Ashlyn, Camrese, Daysee, levonorg-eth estradiol 0.15/0.03/0.01mg
DENTAL PRODUCTS	Arestin <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
DIABETES	Korlym <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
EYE CONDITIONS	Cystaran <sup>+</sup> , Ozurdex <sup>+</sup> , Retisert <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
GASTROINTESTINAL/HEARTBURN	alosetron <sup>+</sup> , Buphenyl <sup>+</sup> , Chenodal <sup>+</sup> , Ravicti <sup>+</sup> , sodium phenylbutyrate	Talk with your doctor to find out if there are lower-cost options available.
HORMONAL AGENTS	Aveed <sup>+</sup> , hydroxyprogesterone caproate <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
	Depo-Provera 400mg/ml	medroxyprogesterone
	Depo-Testosterone	testosterone cypionate
INFECTIONS	Daraprim <sup>+</sup> , Sirturo <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
INFERTILITY	Makena <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
MISCELLANEOUS	Asclera <sup>+</sup> , Carbaglu <sup>+</sup> , Ferriprox <sup>+</sup> , Flebogamma DIF <sup>+</sup> , Keveyis <sup>+</sup> , Varithena <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
PARKINSON'S DISEASE	Azilect	rasagiline
SEIZURE DISORDERS	Lamictal ODT	lamotrigine ODT

Generic medications start with a lowercase letter and brand name medications start with a capital letter.

<sup>^</sup> There is a "medical necessity" review process in place for customers who have proven they have exhausted drug alternatives and would like to use a drug moving to not-covered status.

<sup>+</sup> This is a specialty medication. Some plans cover these medications on a specialty tier, may limit them to a 30-day supply and/or require the use of Cigna Specialty Pharmacy Services<sup>SM</sup>. For plans that cover specialty medications on a specialty tier, this change will not affect the cost of the medication.

DRUG CLASS	NON-PREFERRED BRAND DRUG(S)	GENERIC AND/OR PREFERRED BRAND ALTERNATIVES
SKIN CONDITIONS	Ameluz <sup>+</sup> , Levulan <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
SLEEP DISORDERS/SEDATIVES	Hetlioz <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
TRANSPLANT MEDICATIONS	Cellcept	mycophenolate
	Neoral 25mg capsule, solution	cyclosporine modified, Gengraf
URINARY TRACT CONDITIONS	Thiola <sup>+</sup>	Talk with your doctor to find out if there are lower-cost options available.
DRUG CLASS	DRUG(S) REQUIRING PRIOR AUTHORIZATION^^	
CANCER	Hycamtin <sup>++</sup> , Targretin <sup>++</sup> , tretinoin capsule <sup>++</sup> , Xeloda <sup>++</sup>	
MISCELLANEOUS	Nityr, Orfadin <sup>++</sup>	
PAIN RELIEF AND INFLAMMATORY DISEASE (NARCOTIC)	Diskets, Dolophine, methadone <sup>++</sup> , Metadose	
DRUG CLASS	DRUG(S) WITH QUANTITY LIMITS^^	
ANXIETY/DEPRESSION/BIPOLAR DISORDER	bupropion ER <sup>#</sup> , Celexa <sup>#</sup> , citalopram <sup>#</sup> , desvenlafaxine ER <sup>#</sup> , duloxetine <sup>#</sup> , Effexor XR <sup>#</sup> , Effexor <sup>#</sup> , Emsam <sup>#</sup> , escitalopram <sup>#</sup> , Fetzima <sup>#</sup> , fluoxetine <sup>#</sup> , fluvoxamine ER <sup>#</sup> , fluvoxamine <sup>#</sup> , Forfivo XL <sup>#</sup> , Khedezla, paroxetine CR <sup>#</sup> , paroxetine <sup>#</sup> , Paxil CR <sup>#</sup> , Pexeva <sup>#</sup> , Prozac, sertraline <sup>#</sup> , venlafaxine ER <sup>#</sup> , Wellbutrin SR, Wellbutrin XL, Zoloft	
BLOOD PRESSURE/HEART MEDICATIONS	BiDil 20–37.5mg <sup>#</sup> , captopril-HCTZ, dofetilide <sup>#</sup> , Tikosyn	
CHOLESTEROL MEDICATIONS	simvastatin	
NUTRITIONAL/DIETARY	Auryxia	
PAIN RELIEF AND INFLAMMATORY DISEASE (NON-NARCOTIC)	Cafergot, ergotamine-caffeine	
	diclofenac 1% gel, Voltaren	
PAIN RELIEF AND INFLAMMATORY DISEASE (NARCOTIC)	acetaminophen-caffeine-dihydrocodeine, acetaminophen-codeine, Arymo, asa-butalb-caff-codeine, aspirin-caff-dihydrocodeine, Avinza, belladonna-opium, butalb-acetaminoph-caff-codeine, butorphanol, carisoprodol-asa-codeine, codeine sulfate, Embeda, Exalgo, Fentanyl (all dosage forms), hydrocodone-acetaminophen, hydrocodone-ibuprofen, hydromorphone, Hysingla ER, Kadian, Lorcet, Lortab, Magnacet, meperidine, Morphabond ER, morphine, morphine ER, Nucynta, Nucynta ER, Numorphan, Opana ER, opium tincture, Oxecta, oxycodone, oxycodone ER, oxycodone-acetaminophen, oxycodone-aspirin, oxycodone-ibuprofen, OxyContin, oxymorphone, oxymorphone ER, pentazocine-acetaminophen, pentazocine-naloxone, Primlev, Reprexain, Roxicet, Trezix, Xartemis XR, Xolox, Xtampza ER, Zamicet, Zohydro ER, Zydone	
SEIZURE DISORDERS	Banzel <sup>#</sup>	
SKIN CONDITIONS	calcitriol	
SLEEP DISORDERS/SEDATIVES	Rozerem	

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<sup>^^</sup> These changes may not apply to your plan. Not all plans include requirements for prior authorization and/or quantity limits.

<sup>++</sup> Approval may be required for new prescriptions filled on or after July 1<sup>st</sup>.

<sup>#</sup> Quantity limits may apply to new prescriptions filled on or after July 1<sup>st</sup>.



**Please contact your Cigna account manager or service partner if you'd like to discuss these changes.**



\* State laws in Texas and Louisiana require health insurance plans to cover medications at the current benefit level until your plan renews. This means that if a medication is taken off the drug list, is moved to a higher cost-share tier or needs approval, your plan cannot make these changes until your renewal date. To find out if these state laws apply to your plan, please call your Cigna representative.

1. Cigna book of business national study 2016. Projection compares the following health care spend for medical service categories: Drugs and Biologics, Inpatient Facility, Outpatient Facility, Professional Services, Other Medical Services.
2. Rudd, R.A., et al. Morbidity and Mortality Weekly Report (MMWR), "Increases in Drug and Opioid Overdose Deaths - United States", January 2016.
3. For clients who elected utilization management (UM) edits/packages.
4. Cigna press release May 2017.
5. For clients who elected specialty Rx utilization management (UM) edits/packages.

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