

## Pharmacy Passages

is a quarterly newsletter for our customers. Pharmacy Passages will update you on changes to the Preferred Products List. The Pharmacy and Therapeutics (P&T) Committee meets quarterly to evaluate product status and new prescription products approved by the FDA. The P&T Committee is comprised of independent physician providers and pharmacists.

Your quarterly update

## New Clinical Programs to Emphasize Medication Compliance

Medication therapy for chronic disease can produce dramatic benefits, but only when the prescribed medications are used as intended by the physician. The practice of taking medications as prescribed is termed **compliance**.

When patients fail to take medications as directed, when they become noncompliant, they put themselves at risk for worsening disease and reducing the quality of their health care. Noncompliance is a significant medical problem in the United States, and results in staggering health and economic consequences.

We are pleased to introduce new clinical programs addressing medication

compliance. These new programs will use our pharmacy claims database to help identify those patients with chronic diseases who may be noncompliant with medication therapy. We will provide these patients with letters that gently reinforce the importance of using their medications according to their physician's instructions. Patients will also be advised to discuss any medication problems with their doctor or pharmacist.

Diabetes and hyperlipidemia will be among the first chronic diseases targeted in this new program. We are confident these programs will add value to your pharmacy benefit and will raise awareness of the need to use prescribed medications correctly.

## Attention Deficit Hyperactivity Disorder (ADHD) in Adults

While ADHD is usually considered a childhood disorder, both the World Health Organization and National Institute of Mental Health now recognize that more than half of children diagnosed with ADHD retain some symptoms into their adult lives.

Common signs of adult disease are restlessness, disorganization, difficulty completing tasks and losing items. While most of us probably experience these symptoms from time to time, an actual diagnosis of ADHD requires a long history of symptoms, which results in work or social impairments.

Older medical treatments of ADHD consisted primarily of amphetamine type stimulants. Today, with greater

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# Product Reviews

Product	Indications	Standard Plan	Select Plan	Closed Plan
Uroxatral	Uroxatral (alfuzosin HCl extended-release tablets) is a new product (not in a limited category) indicated for the treatment of the signs and symptoms of benign prostatic hyperplasia (BPH) .	Brand co-pay	Second tier preferred	Second tier preferred
Zomig Nasal	Zomig nasal spray is a new product (in a limited category) indicated for the acute treatment of migraine, with or without aura, in adult patients.	Brand co-pay. Quantity limit of 6 units (1 bottle) per co-pay.	Second tier preferred. Quantity limit of 6 units (1 bottle) per co-pay.	Second tier preferred. Quantity limit of 6 units (1 bottle) per co-pay.
Gamunex 10% Vial	Gamunex is a new product indicated as replacement therapy of primary immunodeficiency (PI) states in which severe impairment of antibody forming capacity has been shown. Gamunex is also indicated in Idiopathic Thrombocytopenic Purpura (ITP) to rapidly raise platelet counts to prevent bleeding or to allow a patient with ITP to undergo surgery.	Covered under Specialty Pharmacy Program only.*	Covered under Specialty Pharmacy Program only.*	Covered under Specialty Pharmacy Program only.*
Lexiva	Lexiva is a new product (not in a limited category) indicated in combination with other antiretroviral agents for the treatment of HIV infection in adults.	Brand co-pay	Second tier preferred	Second tier preferred
Raptiva	Raptiva is a new product (not in a limited category) indicated for the treatment of adult patients (18 years or older) with chronic moderate to severe plaque psoriasis who are candidates for systemic therapy or phototherapy.	Covered under Specialty Pharmacy Program only.* Subject to Prior Authorization	Covered under Specialty Pharmacy Program only.* Subject to Prior Authorization.	Covered under Specialty Pharmacy Program only.* Subject to Prior Authorization.
Cubicin	Cubicin (daptomycin for injection) is a new product indicated for the treatment of complicated skin and skin structure infections caused by susceptible strains of Gram-positive microorganisms. This is an acute use medication. Administered by a healthcare professional.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.
Inspira	Inspira is a new product (in a limited category) indicated for congestive heart failure post-myocardial infarction and for hypertension alone or in combination with other agents. Preferred agents include generic amiloride, generic spironolactone and Dyrenium.	Brand co-pay	Third tier nonpreferred	Not covered

*Products being added to preferred status were effective as of February 18, 2004. Products being removed from preferred status were effective February 18, 2004, unless otherwise noted. Members currently using a product designated to be removed from preferred status will receive advanced notice of the change and will not be impacted with higher co-pays until April 1, 2004, unless otherwise noted.*

# Product Reviews

Product	Indications	Standard Plan	Select Plan	Closed Plan
Cialis	Cialis is a new product (in a limited category) indicated for the treatment of erectile dysfunction. Added to preferred status effective April 1, 2004.	Brand co-pay if plan covers erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.	Second tier preferred if plan covers erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.	Second tier preferred if plan covers erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.
Levitra	Levitra is an existing product (in a limited category) indicated for the treatment of erectile dysfunction. Reviewed in conjunction with Cialis and removed from preferred status effective April 1, 2004 due to having the market leader Viagra and a longer acting agent, Cialis available on the preferred product listing.	Brand co-pay if plan covers erectile dysfunction medications. Quantity limit of 8 tables per month, unless otherwise stated by plan.	Third tier nonpreferred if plan covers erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.	Not covered
Viagra	Viagra is an existing product (in a limited category) indicated for the treatment of erectile dysfunction. Reviewed in conjunction with Cialis.	Brand co-pay if plan provides a benefit for erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.	Second tier preferred if plan provides a benefit for erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.	Second tier preferred if plan provides a benefit for erectile dysfunction medications. Quantity limit of 8 tablets per month, unless otherwise stated by plan.
Namenda	Namenda is a new product (in a limited category) indicated for the treatment of moderate to severe dementia of the Alzheimer's type.	Brand co-pay	Second tier preferred	Second tier preferred
Glucotrol XL	Existing anti-diabetic agent which now has a generic available. This medication is being removed from preferred status because the generic equivalent, glipizide ER, is available at the generic co-pay.	Brand co-pay	Third tier nonpreferred	Not covered
Lortuss DM, Dmax Drops/syrup, Rescon Jr, Allerx suspension, Accuhist PDX drops/syrup	New formulations of existing cough and cold preparations (not a limited category).	Brand co-pay	Second tier preferred	Second tier preferred

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Certuss-D, Humibid DM, Humibid LA, Zotex Syrup, Zotex-LA, Donatussin, Deconsal II Capsule	New formulations of existing expectorants (not a limited category).	Brand co-pay	Second tier preferred	Second tier preferred
Dialyvit 800 w/ Iron, Cerefolin, Calafol, Folpace RX,	New formulations of existing vitamin preparations (not a limited category).	Commonly excluded by benefit design. If covered by plan benefit, brand co-pay.	Commonly excluded by benefit design. If covered by plan benefit, second tier preferred.	Commonly excluded by benefit design. If covered by plan benefit, second tier preferred.
Prempro	Existing hormone replacement therapy (in a limited category) now available in a new strength (0.3/1.5mg).	Brand co-pay	Second tier preferred	Second tier preferred
Cefoxitin 100gm	Existing second generation cephalosporin in bulk bag injectible formulation, administered by a healthcare professional.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.
Ceftazidime 100gm	Existing third generation cephalosporin in bulk bag injectible formulation, administered by a healthcare professional.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.
Climara Pro	Existing hormone replacement therapy (in a limited category) now available in a new strength (45-15/24 Hrs.)	Brand co-pay	Second tier preferred	Second tier preferred
Pacerone	Existing antiarrhythmic agent (not a limited category) now available in a new strength (100mg).	Brand co-pay	Second tier preferred	Second tier preferred
Ed-Chlor-Tan	New formulation of an existing antihistamine (in a limited category). Chlorpheniramine available generically.	Brand co-pay	Third tier nonpreferred	Not covered
Histex PD 12 Oral Susp	New formulation of an existing antihistamine (in a limited category). Carbinoxamine generically available.	Brand co-pay	Third tier nonpreferred	Not covered

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Risperdal Consta	Existing antipsychotic agent (not in a limited category) now available as a microsphere injectible formulation.	Covered under Specialty Pharmacy Program only.*	Covered under Specialty Pharmacy Program only.*	Covered under Specialty Pharmacy Program only.*
Carbatrol	Existing anticonvulsant agent (in a limited category) now available in a new strength (100mg).	Brand co-pay	Second tier preferred	Second tier preferred
Tetanus Diphtheria Toxoids	Vaccine preparation	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.
First-Progesterone MC	Existing progesterational agent (not in a limited category) now available in transdermal cream form.	Brand co-pay	Second tier preferred	Second tier preferred
Ovace	Existing sulfacetamide sodium antiseborrheic agent (not a limited category) now available in a topical form.	Brand co-pay	Second tier preferred	Second tier preferred
Synercid	Existing streptogramin injectible antibiotic in a new strength (600mg).	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.	Not covered under prescription benefit. Subject to medical plan – specific plan benefit intent.
Riomet	Metformin anti-diabetic agent (in a limited category) now available as a solution. Metformin is available generically.	Brand co-pay	Third tier nonpreferred	Not covered
Prevacid Naprapac	Existing proton pump inhibitor (in a limited category) now available as a combination agent with naproxen. Preferred PPI agents are Prevacid and Protonix. Naproxen is available generically.	Brand co-pay	Third tier nonpreferred	Not covered
Dispermox	Existing penicillin antibiotic (in a limited category) now formulated in dissolving tablet. Generic penicillin available at generic co-pay.	Brand co-pay	Third tier nonpreferred	Not covered

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Pexeva	New brand name of an existing antidepressant, paroxetine (in a limited category). Generics are available. Preferred brand alternatives include Effexor, Effexor XR, Lexapro, Paxil, Paxil CR, Remeron Soltab, Wellbutrin SR, Wellbutrin XL and Zoloft.	Brand co-pay	Third tier nonpreferred	Not covered
Zonegran	Existing anticonvulsant agent (in a limited category) now available in new strengths (25mg and 50mg). Generic products are available. For preferred brand products, please consult your Preferred Products List.	Brand co-pay	Third tier nonpreferred	Not covered
Atuss-12 DM	Existing non-narcotic antitussive agent (not a limited category) available in a new form.	Brand co-pay	Second tier preferred	Second tier preferred
Notuss PD	Existing non-narcotic antitussive agent (not a limited category) available in a new form.	Brand co-pay	Second tier preferred	Second tier preferred
Otilam	Existing ear preparation product (not a limited category) now available in a new form.	Brand co-pay	Second tier preferred	Second tier preferred
Ovidrel 250/5	Existing follicle stimulating hormone (not a limited category) in dispensing syringe form.	Brand co-pay if plan covers infertility medications	Second tier preferred if plan covers infertility medications	Second tier preferred if plan covers infertility medications
Avelox/Avelox ABC pack	Full class review of oral Quinolone antibiotics (limited category).	Brand co-pay	Second tier preferred	Second tier preferred
Cipro (oral tablets and oral suspension)	Full class review of oral Quinolone antibiotics (limited category). Removed from preferred status due to generic availability of ciprofloxacin.	Brand co-pay	Third tier nonpreferred	Not covered
Cipro XR (oral tablets)	Full class review of oral Quinolone antibiotics (limited category). Removed from preferred status effective April 1, 2004 due to generic availability of ciprofloxacin.	Brand co-pay	Third tier nonpreferred	Not covered
ciprofloxacin (generic Cipro)	Full class review of oral Quinolone antibiotics (limited category).	Generic co-pay	Generic co-pay	Generic co-pay
Floxin (oral)	Full class review of oral Quinolone antibiotics (limited category).	Brand co-pay	Third tier nonpreferred	Not covered
Tequin	Full class review of oral Quinolone antibiotics (limited category).	Brand co-pay	Third tier nonpreferred	Not covered

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Levaquin	Full class review of oral Quinolone antibiotics (limited category). Added to preferred status effective April 1, 2004.	Brand co-pay	Second tier preferred	Second tier preferred
Maxaquin	Full class review of oral Quinolone antibiotics (limited category).	Brand co-pay	Third tier nonpreferred	Not covered
Noroxin	Full class review of oral Quinolone antibiotics (limited category).	Brand co-pay	Third tier nonpreferred	Not covered

\* If customer has elected the Specialty Pharmacy Program (SPP), product is available through the specialty pharmacy network. Co-pay is determined by plan design. If customer has not elected the SPP, product would be considered under the medical benefit. Coverage and pharmacy provider(s) will be subject to the benefit design selected by the plan sponsor.

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understanding of the chemical imbalances that contribute to the disease process, newer treatments are being explored.

Strattera (atomoxetine) is the newest medication approved for ADHD. Unique because it is a non-stimulant, Strattera has been studied and approved by the FDA for the treatment of ADHD in adults as well as in children. As with any medication, patients will experience adverse effects with Strattera and not every patient will be expected to achieve beneficial results. Nonetheless, Strattera does offer advantages and may be a valuable addition to the range of available ADHD treatments.

We anticipate that the maker of Strattera will engage in advertising not only for the drug, but also in programs designed to raise awareness of adult ADHD. These promotional efforts will result in more patients being treated with

medications for ADHD. Consequently, pharmacy expenses associated with ADHD are expected to increase.

Medication therapy is an integral component of ADHD management. Be aware that individual patients respond

differently to these drugs. We are actively working to strike a balance in offering a choice of drug products at the most favorable cost. Ongoing management of medications used to treat this condition will assure that your pharmacy costs related to ADHD are being spent appropriately.



## New Biologic Treatments for Psoriasis

Pharmaceutical scientists continue to harvest the potential of the human immune system in creating new biological medications. Although the process has resulted in the development of many new medications and offers hope for patients suffering from chronic and debilitating illness, there are still unanswered questions surrounding these new products.

The Pharmacy and Therapeutics (P&T) Committee recently discussed several new biologic therapies for chronic plaque psoriasis including Raptiva, Amevive and Enbrel (which has yet to obtain FDA approval for psoriasis). In general, while these new agents have demonstrated efficacy, they are usually no more effective than other well established alternatives.

There are several drawbacks to the biologic treatments. Perhaps most important is that the long-term safety of biologics is not known. Patients using these treatments are at increased risk for serious infections and may be at increased risk for cancer. The long-term effectiveness of biological treatments is another question that needs to be answered. Finally, the cost associated with these treatments (which commonly

exceeds \$15,000 annually) needs to be carefully managed.

As a result of P&T Committee recommendations, we will implement three strategies to ensure appropriate use of biologic agents used in the management of psoriasis:

1. Prior authorization will be applied to claims for Raptiva for psoriasis. Clinical pharmacists will review Raptiva claims to verify it is used according to the FDA approved indication, that appropriate monitoring criteria are being followed by the prescriber, and that traditional therapies are not effective or not indicated.
2. The biologic agents will be accessible via the Specialty Pharmacy Program (SPP) for those customers having chosen this delivery network. The SPP provides favorable pricing for biologic products, improves access for patients and providers and provides patients with valuable clinical resources.
3. Monitor and review these products again when new indications are gained.

## Expanded Uses for Provigil (modafinil) – Prior Authorization Required

Provigil has been available in the United States since 1998, first approved by the FDA for improving wakefulness in patients with narcolepsy (a fairly rare sleep disorder). Since then, the manufacturer has pursued and ultimately obtained FDA approval for the use of this medication in an expanded population.

Earlier this year, Provigil was approved to improve wakefulness in patients with excessive sleepiness associated with obstructive sleep apnea. In addition, it was granted approval for a more controversial indication – to improve wakefulness in patients with shift work sleep disorder (SWSD).

The P&T Committee recently held discussions on the use of Provigil for these new indications. Committee members strongly agreed that prior authorization continue to be required for Provigil prescriptions. Since the product is still likely to be prescribed for a variety of unapproved uses, prior authorization is considered an important management tool to ensure appropriate utilization. Provigil prescriptions will be reviewed by clinical pharmacists, and recommended for approval when used to treat a condition consistent with FDA approved indications.



**First Quarter**

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With regard to using Provigil for shift work sleep disorder, committee members expressed several reservations. Questions surrounding the diagnosis, as well as the availability of alternative treatments were considered.

Despite controversy over the expanded uses there is agreement on one point - the prescription volume for Provigil will continue to increase. Plan sponsors should be aware that expenses related to Provigil are expected to rise accordingly. On behalf of our customers we will carefully monitor the use of this drug and will reevaluate its utilization later this year.