

An Important Message About Your Duluth Joint Powers Enterprise Trust Pharmacy Benefits

ClearScript, the Duluth Joint Powers Enterprise (JPE) Trust's Pharmacy Benefit Manager, will administer the following programs to better manage drug protocol: Step Therapy Program, Over-the-Counter (OTC) Drug Program, and Tablet Splitting Program. Thereafter, in addition to implementing these programs, all Prior Authorizations for Duluth JPE Trust health plan members must strictly adhere to the clinical guidelines and Prior Authorization criteria established by ClearScript, also continuing to enforce that members be permitted to receive only one co-pay reduction per prescription. Please read the following for additional information regarding these new programs.

Step Therapy Program

What is Step Therapy?

When many different drugs are available for treating an on-going medical condition, there are various drug protocol management processes that can be utilized for finding the best and most cost-effective medication treatment for individuals. One of these processes is referred to as "Step Therapy."

Step Therapy is a simple, inexpensive process that is both safe and effective. The process moves you along a well-planned series of "steps," with your personal physician approving and writing your prescriptions. The Step Therapy Program will help to ensure that you are receiving the most appropriate drug therapy while helping to reduce your pharmacy costs. In the long term, Step Therapy can reduce the overall drug expenditure resulting in a more sustainable drug benefit for all Duluth JPE Trust health plan members.

In partnership with pharmacists and physicians, the Step Therapy Program is automated and geared to ensure that you receive the best medication treatment recommended for your condition.

How does the Step Therapy Program work?

- ***When your prescription is being processed at the pharmacy, an online computer system will scan your recent prescription records. The process always starts with generic drugs as the first step.*** This first step lets you begin or continue treatment with safe and effective prescription drugs at the lowest co-payment. If the first step does not prove effective for a member, the second step will be implemented.
- ***If you are currently stabilized on a first-step generic drug or are currently prescribed a second-step drug, the Step Therapy process will not interrupt the dispensing process.***
- ***If the first-step medication you are prescribed does not produce the desired results, a second-step drug will be allowed.*** Your physician will be consulted for approval and will write your prescriptions based off of the list of Step Therapy drugs covered by the formulary. In some instances, Preferred Brand Name Medications and Non-Preferred Brand Name Medications from the drug formulary may subject the member to a higher co-payment.

- ***If you submit a prescription at your pharmacy that is not for a first-step drug, your pharmacist will contact your physician.*** Only your physician can give approval to change your prescription to a first-step drug. Feel free to contact a ClearScript Customer Service Representative (CSR) to obtain examples of safe and effective first-step drugs to discuss with your physician.
- ***If your physician decides you need a second-step drug without initially trying a first-step drug, your physician must request a “Prior Authorization.”*** A ClearScript representative will review the benefit plan guidelines to determine how the second-step drug is covered and which co-payment is applicable.
- ***If you are currently stabilized on a second-step drug which is targeted by the Step Therapy Program, our Plan will allow you to continue taking the medication.*** A second-step drug will be allowed if you have had a 30-day trial with a first-step drug, or have taken a second-step drug in that category within the last 180 days.

How are the drugs chosen for Step Therapy?

Step Therapy is developed under the guidance and direction of independent, licensed physicians, pharmacists, and other medical experts. In conjunction with ClearScript, they review the most current research on thousands of drugs tested and approved by the Food and Drug Administration (FDA) for safety and effectiveness. After review, appropriate prescription drugs are determined and recommended for the Step Therapy Program.

The following chart contains examples of Step Therapy categories. You will need to first try a proven, cost-effective medication before moving to a more costly treatment, if necessary. If your physician wants you to “skip” steps, the physician must submit a “Prior Authorization” request and receive approval for the drug to be covered. Based on utilization, new drug classes may be added.

Category	Examples of Step Therapy Program Drugs ⁺	Examples of Generic Drugs that members must try first ⁺	Primary Indicators
Antidepressants (SSRIs)	<i>Cymbalta</i> (Tier 2, \$15) <i>Effexor XR</i> (Tier 3, \$35) <i>Lexapro</i> (Tier 3, \$30)	<i>Fluoxetine</i> (Tier 1, \$0)	Depression Anxiety
Nasal Steroid	<i>Nasonex</i> (Tier 3, \$30)	<i>Fluticasone</i> (Tier 1, \$0)	Allergies
Non-Steroidal Anti-inflammatory Drugs (NSAIDs)	<i>Celebrex</i> (Tier 2, \$15)	<i>Diclofenac</i> (Tier 1, \$0) <i>Ibuprofen</i> (Tier 1, \$0) <i>Naproxen</i> (Tier 1, \$0)	Arthritis
Proton Pump Inhibitors	<i>Aciphex</i> (Tier 3, \$56) <i>Nexium</i> (Tier 2, \$15) <i>Prevacid</i> (Tier 3, \$37) <i>Protonix</i> (Tier 3, \$39)	<i>Omeprazole</i> (Tier 1, \$0) OTC <i>Prilosec</i> (Tier 1, \$0)	Gastroesophageal Reflux Disease (GERD) Erosive Esophatitis Duodenal Ulcers Gastric Ulcers
Sedative/Hypnotics	<i>Ambien</i> (Tier 3, \$47)	<i>Zolpidem</i> (Tier 1, \$0)	Insomnia

⁺Estimated member co-pay shown

Over-the-Counter Drug Program

What is the Over-the-Counter (OTC) Drug Program?

Several drugs that were previously prescription-only are now available over-the-counter at your local pharmacy. These over-the-counter drugs are equally as safe and effective as their prescription counterparts. When you choose an over-the-counter drug identical to the prescription version, you can receive it at the plan's lowest cost, or at no cost to you. The cost will depend on the drug and your plan-specific prescription drug co-payment structure.

Participation is voluntary for members taking one of the eligible drugs (OTC *Prilosec*, *Loratadine*, or *Zaditor*) under this program. You will need to talk to your doctor about changing your prescription drug to an equivalent over-the-counter product, and present the new prescription to your pharmacist. Your pharmacist can also call your doctor on your behalf. Your doctor will decide whether or not the over-the-counter equivalent is right for you.

Targeted mailing will occur for members taking *Prevacid*, *Nexium*, or *Aciphex*. Members who voluntarily choose to participate in the program will receive the OTC drug at a \$0 co-payment.

Tablet Splitting Program

What is the Tablet Splitting Program?

To help members utilize the drug benefits to their fullest potential, ClearScript offers a Tablet Splitting Program for *Lipitor*. Tablet splitting helps control prescription drug benefit costs and can provide significant savings to Duluth JPE Trust health plan members by splitting designated double-strength medications in half for each dose. Members interested in the Tablet Splitting Program are encouraged to consult with their doctor. Participation in the program is voluntary. Through this program, members pay up to one-half of their usual co-payment on a select group of prescription drugs. ClearScript will contact members who fit the criteria for participation in the Tablet Splitting Program. For example, if you are taking *Lipitor*, you will receive a communication outlining the steps you can take to maximize your drug benefits by using the Tablet Splitting Program.

Customer Service Center Information

Questions?

ClearScript and National Pharmaceutical Services (NPS) provide Pharmacy Benefit Management (PBM) services for the Duluth JPE Trust. If you have any questions regarding your pharmacy prescription drug benefit plan or any of the programs described above, please contact the Customer Service Center at 1-800-546-5677 ("Option 5").