

Rx Matters



A newsletter created for Walgreens Health Initiatives clients, delivering a mix of news and trends in healthcare, and up-to-date information about our products and services



New Oral Chemotherapy Cycle Management Program Can Lower Costs

Oral chemotherapy agents are among the top five specialty categories for payors in spend and trend, and costs will only continue to rise as the number of oral chemotherapy agents increase and these drugs are used long-term or in combination with other products.



Savings can be significant. For example, sending only a 16-day supply of Sutent instead of a 28-day supply means that if you find out on day 12 that the patient must change their dose due to intolerable side effects, you can save an estimated \$3,818 per month for just that one patient.

Because many of these medications have a higher toxicity level than some intravenous (IV) oncology agents, patients may experience severe side effects that decrease their adherence

and quality of life. Coupled with the fact that there may be less physician-to-patient contact and monitoring when oral agents are prescribed, it's not surprising that a notable number of patients fill the prescription and then stop taking the medication before they are supposed to.

To help manage those costs and provide patient-specific support to members taking these medications, Walgreens Specialty Pharmacy has developed an

continued on p. 2

Certified by:



The Association of Senior Human Resource Executives

Also in This Issue:

Healthful Living™ Smoke-Free Changes Behavior.....	3
Medication Management	3
Online Password Reset Coming	4
Considering Plan Changes?	4
MAC List Updates.....	4
Rx Drug Update.....	5
New Rx Indications.....	5
Mark Your Calendar.....	6
Medication Matters.....	7

Oral Chemotherapy Cycle Management Program designed for patients beginning high-risk oral chemotherapy. The program targets patients prescribed Nexavar®, Sutent® or Tarceva® to treat kidney and liver cancers, GI stromal tumors and non-small cell lung cancer and metastatic pancreatic cancer.

Walgreens Specialty Pharmacy's Oral Chemotherapy Cycle Management helps patients manage their medication therapy through increased monitoring, which includes clinical interventions executed at designated intervals by experienced oncology nurses or pharmacists. In addition, we offer clients who use our central fulfillment option an optional monitored dispensing program which controls waste associated with early discontinuation of therapy.

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Health plans are likely to see direct cost savings due to monitored dispensing and indirect cost savings through enhanced patient and physician support by avoidance of incremental healthcare costs incurred through adverse medical events. This provides an increased value for dollars spent on high-cost oral chemotherapy medications. Additionally, we provide our clients with comprehensive utilization results and potential savings reporting. For more information on our new Oral Chemotherapy Cycle Management Program, contact your account executive.

In addition to our Oral Chemotherapy Cycle Management Program, here are a few more reasons why Walgreens Specialty Pharmacy is the team you can count on:

- Your choice of retail and/or central distribution
- Clinical excellence and outcomes through proactive adherence monitoring, patient education and support, such as side-effect management and dose optimization, and starter dose customization for fertility, oral oncology and hemophilia patients
- Ability to bill under both the medical or pharmacy benefit
- Pipeline surveillance to help you prepare for the arrival of new specialty products to the market by implementing utilization and clinical management strategies
- Guidelines and prior authorization management to help ensure that members' prescribed treatment regimens match appropriate national guidelines, use less-expensive, first-line medications when appropriate, and improve the quality of care, life and health outcomes
- ACHC accreditation of our centralized distribution facilities, one of the key benchmarks for measuring the quality of an organization

Healthful Living™ Smoke-Free Program Creates Healthy Changes

Change member behavior—reduce their risks—limit your healthcare costs. This cause and effect progression is the basis of Walgreens Health Initiatives wellness programs, such as our Healthful Living™ Smoke-Free Program. This is a targeted, telephonic, lifestyle intervention by personal health coaches who help your members reduce their health risks by gradually stopping tobacco use. And here are a few reasons why our program stands out as a way to achieve a healthier member population and keep a lid on costs:

- Patient counseling to help change behavior and prevent costly complications, rather than providing only education
- Coaching team of experts across multiple disciplines—respiratory therapists, master's level social workers, registered dietitians, exercise physiologists and certified fitness instructors—to give members different perspectives
- Robust reporting, including monthly participation and quarterly usage reports, to make it easier to demonstrate program value
- Our Smoking Cessation Clinical Prior Authorization Program encourages enrollment by requiring that members enroll in a behavioral modification program, such as Healthful Living Smoke-Free to have smoking-cessation medications covered. This is valuable because studies show that smoking-cessation medication used along with behavior modification increases the success rate. (U.S. Department of Health and Human Services. Treating Tobacco Use and Dependence: 2008 Update. surgeongeneral.gov. Accessed July 2009)



All these unique strengths add up to a program that allows us to take good care of your bottom line. It helps decrease health complications and medical costs as the Healthful Living Smoke-Free coaches help your members take good care of themselves.

Medication Management

Below is the latest enhancement to the Walgreens Health Initiatives Medication Management Programs—clinical prior authorization (CPA) and step care therapy—which provide patient-focused programs that promote clinically appropriate, cost-effective drug utilization:

Set Your Plan's Drug Cost Ceiling with This New CPA

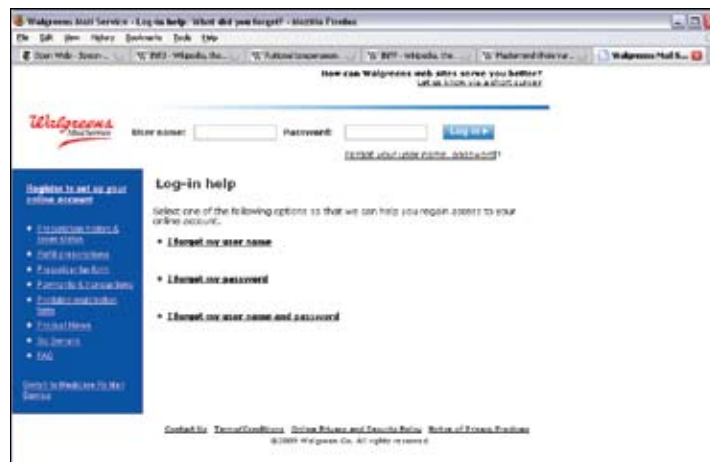
The new Walgreens Health Initiatives Cost Ceiling Override CPA Program is designed to review pharmacy claims for adjudicated drugs which exceed a predetermined dollar amount that we recommend or as established by the client. Just another safety measure to help ensure that high-cost drugs are not entered incorrectly at the pharmacy or inappropriately prescribed, based on recommendations we provide for your program. To implement, contact your account executive.

Online Password Reset Coming to MyWHI.com

This fall, MyWHI.com will unveil a new, improved online solution for members who forget their passwords. Rather than merely emailing a member the self-created password “hint” on file with their log-in information, the web site will now allow members to answer security questions online to regain access to their online information.

This is an improvement over the previous process, which required the member to remember their password from their hint or call the Walgreens Customer Care Center for help resetting their account. Now, members who’ve misplaced their user name or password can resolve the problem in one visit to the web site—no phone calls are required!

Currently one customer care representative handles on average 1,200 password-reset calls per month – as well as duplicate registrations caused by members re-registering online when they cannot log in to their original account. We expect this enhancement to reduce member calls to our Customer Care Center, and give our reps more time to take care of your members calling with more complex issues.



Considering Plan Changes?

Thinking of switching from a two-tier to three-tier formulary, or maybe adding a clinical prior authorization or step care program? We know it sounds like a long way off, but if you think you'd be interested in changes to your plan design that will be effective January 1, now is the ideal time to schedule some discussion time with your account executive. To give you a seamless implementation process and timely member communications, please let us know the details of your benefit design changes by October 1, 2009.

MAC List Updates

The latest significant additions and deletions to the generic medications on the Walgreens Health Initiatives Maximum Allowable Cost (MAC) List are shown in the following table. Claims for generic medications may be processed at deeper discounts than the contracted discounted average wholesale price. Our MAC list is developed to maximize savings for our clients while providing fair reimbursement to the pharmacy network. Our MAC Committee, consisting of pharmacists and other industry experts, meets regularly to determine MAC list updates based on clinical appropriateness, drug availability, relevant price statistics, market changes and ad hoc research through industry sources.

continued on p. 5

Walgreens Health Initiatives Significant MAC List Updates (August 2009)			
Additions			
Generic	Strength	Brand Equivalent	Therapeutic Class
bupropion	150 mg SR tablets	Wellbutrin XL®	antidepressant
sumatriptan succinate	25 mg, 50 mg, 100 mg tablets	Imitrex®	non-narcotic analgesic
topiramate	25 mg, 50 mg, 100 mg, 200 mg tablets	Topamax®	anticonvulsant
Deletions			
oxycodone HCl	5 mg, 10 mg, 15 mg tablets	Roxicodone®	narcotic analgesic

Rx Drug Update

The FDA recently approved the following new medications:

Drug Name	Company/Availability	Indication(s)	Dose Form(s)	Regimen	AWP as of July 2009
Afinitor® (everolimus) tablets	Novartis Currently available	Treatment of advanced kidney cancer	5 mg and 10 mg tablets	One tablet daily	\$228.75 per 5 mg tablet \$241.25 per 10 mg tablet
Simponi™ (golimumab) injection	Centocor/Ortho Biotech Available 3rd quarter 2009	Treatment of rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis	50 mg subcutaneous injection	One injection monthly	\$3,937.50 per dose
Fanapt™ (iloperidone) tablets	Vanda Available 3rd quarter 2009	Treatment of schizophrenia	1 mg, 2 mg, 4 mg, 6 mg, 8 mg, 10 mg, 12 mg tablets	One tablet twice daily	Unavailable
Cycloset® (bromocriptine) tablets	VeroScience Available 4th quarter 2009	Treatment of type 2 diabetes	0.8 mg tablets	Variable	Unavailable

New Rx Indications

The FDA approved the following medications for new or expanded indications:

Drug Name	Original Indication	New or Expanded Indication
Lexapro® (escitalopram) tablets	Treatment of depression and anxiety in adults	Treatment of depression in adolescents age 12 to 17
Cimzia® (certolizumab) injection	Treatment of Crohn's disease	Treatment of rheumatoid arthritis

continued on p. 6

Mark Your Calendar

Stop by the Walgreens Health Initiatives booth at the following conferences to learn more about our innovative solutions to pharmacy benefit management:

BFE: 22nd Annual Benefits Forum & Expo	SIIA: Self-Insurance Institute of America's 29th Annual National Educational Conference & Expo
September 13-15, 2009 Hilton Atlanta, GA www.benefits-forum.com	September 21-24, 2009 Marriott Orlando World Center Orlando, FL www.siiia.org
Ameriben/IEC Group 41st Annual Management Conference	SHRM-PR: Society of Human Resource Management Puerto Rico Chapter 36th Annual Conference & Exposition
September 23-25, 2009 Sun Valley Resort Sun Valley, ID www.ameribeniecgroup.com	September 23-26, 2009 El Conquistador Fajardo, Puerto Rico www.shrmp.org

For the complete list of trade shows, visit WalgreensHealth.com/pbm.

National Observances

Some upcoming health-related observances are listed below to help you plan health fairs and other activities. For more information, log on to the sponsoring organization's web site. For a complete listing of this year's national observances, visit the National Health Information Center's web site at healthfinder.gov.

Observance	Date	Sponsor, Web Site
World Heart Day	September 30	World Heart Federation www.worldheart.org
Fruit and Veggies - More Matters Month	September	Fruit and Vegetable Program Office Centers for Disease Control and Prevention/Produce for Better Health Foundation www.fruitsandveggiesmatter.gov
National Cholesterol Education Month	September	National Heart, Lung, and Blood Institute Health Information Center hp2010.nhlbihin.net
Healthy Lung Month	October	American Lung Association www.lungusa.org

Medication Matters

The following article, written for your members, explains the benefits of budget-friendly generic and over-the-counter medications.



Saving Money with Generics and Over-the-Counter Medications

When you have a tight budget, it's easy to consider cutting back on medication expenses. However, it's important to not stop taking your prescriptions without your healthcare provider's approval. Instead, ask your healthcare provider about switching to a generic prescription or over-the-counter (OTC) medication to save money.

Generic prescription medications usually have a lower copay than brand medications, contain the same active ingredients and are just as effective. Brand medications often cost more because brand manufacturers must account for the cost of researching, developing, marketing and promoting new drugs. Generics are less expensive because generic drug manufacturers are not developing a new drug, but duplicating an existing one.

Patents give brand manufacturers the sole right to sell the brand medication. When a patent nears expiration, other manufacturers can apply to sell a generic equivalent. The FDA must approve an application to manufacture a generic medication to ensure the generic has the same active ingredients, strength, dosage form, instructions for use, safety, efficacy and quality as the brand medication.

Another way to save money is to use OTC medications when appropriate. OTC medications must also receive FDA approval, and are just as effective as prescription products with the same active ingredients. In most cases, OTC medication prices will be lower than your brand-name prescription copay.

The FDA commonly approves switches from prescription to OTC for medications used to treat common illnesses, such as heartburn, allergies or constipation. Some prescription-to-OTC switches are also approved for lower strengths, which is often the case for pain-relief medications such as ibuprofen and naproxen.

If you are taking a brand medication that has a generic or OTC alternative, ask your healthcare professional if switching is right for you.

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Medication Matters

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Rx Drug Update and New Rx Indications

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