MedMonitor® Complete Provides Maximum Benefit

Our MedMonitor® Complete Program is an industry-leading, holistic utilization management program that optimizes both patient care and plan savings. This program may help you save money on your pharmacy benefit and total healthcare costs by targeting the most expensive, chronically ill segment of your population for intensive intervention, and by preventing the rest of the population from shifting to this costly group.

Using evidence-based clinical standards to enhance member care, MedMonitor Complete provides the ideal combination of our proprietary cutting-edge technology and pharmacist counseling to target the highest-utilizing members with the most complex medication profiles. At the same time, this program provides a safety net for your entire population through daily medication monitoring to help prevent members from moving to the most at-risk group. MedMonitor Complete is a powerful blend of two programs that can each stand alone—MedMonitor24 and MedMonitorXR—but provide the maximum benefit when used together.
Every Prescription, Every Day
MedMonitor24 is a daily prescription medication evaluation program that helps payors save money on expensive and preventable healthcare costs while improving members’ well-being. Unlike traditional drug utilization review programs, it prevents costly medication-related problems by reviewing every prescription, every day. This program will help prevent your healthcare costs from escalating by helping to prevent medication-related problems that might put members into the most expensive extreme-risk segment of your member population.

Targeted Patients, Targeted Care
MedMonitorXR is the next-generation medication therapy management program that helps contain payors’ drug spend and other healthcare costs while improving their members’ well-being. This is accomplished by actively managing members with the most complex medication profiles that account for a disproportionate share of their plan’s pharmacy benefit costs. Unlike traditional medication therapy management programs, MedMonitorXR combines our latest proprietary technology complemented by targeted one-on-one counseling by clinically trained pharmacists.

MedMonitorXR has four intervention opportunities:
• Polypharmacy
• Compliance and persistency
• Appropriateness of therapy
• Inappropriate medication in the elderly

Contact your account executive for a prospective analysis on your population to see how much MedMonitor Complete can help you save on your total healthcare costs.

Two New Strategies Help You Manage PPIs
We have added two new proton pump inhibitor (PPI) management strategies that capitalize on the fact that both Prilosec® and generic omeprazole are now available over-the-counter (OTC). PPIs, used to treat gastric conditions, continue to represent a large portion of our clients’ drug costs—6 percent of total drug spend for our commercial book of business in the first-quarter of 2008. Brand-name prescription PPIs cost more than $100 per month. In contrast, generic versions and OTC PPI drugs can cost less than $20 per month. Your account executive can advise you on which of these strategies would best suit your member population:
• OTC, Prescription-Generic PPI Step Care Therapy—This new program asks patients to first try an OTC PPI and then a generic PPI before using a branded prescription PPI, when appropriate. It promotes the use of OTC drugs and then goes a step further by next encouraging the use of the generic prescription drug, especially in the case of patients with a chronic condition requiring maintenance PPIs.

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• **Preferred-Product PPI Step Care Therapy**—This new program works by covering generic and preferred-brand PPIs at their normal copay. The program evaluates nonpreferred PPIs to determine if the patient is a candidate for the more cost-effective generic or preferred-brand products before a nonpreferred brand is covered.

• **OTC Prilosec Step Care Therapy**—This is our original program that asks patients to try an OTC PPI before using a prescription PPI, when appropriate. Many patients with frequent heartburn can be successfully self-managed with a much less expensive OTC PPI.

If you are not currently managing the PPI class, ask your account executive to demonstrate through our modeling tool the potential savings impact that you would experience from each strategy.

**Healthful Living™ Blueprint for Wellness™ Identifies Risks**

Our Healthful Living™ Blueprint for Wellness™ Program is designed to help reduce your costs by helping you learn what your member population’s top health risks are and how to manage them before they result in chronic disease. This flexible health evaluation program, administered by renowned Quest Diagnostics®, offers three program options and price points.

*Blueprint for Wellness Comprehensive* provides integrated results from a health risk assessment (HRA) questionnaire—completed either online or paper, more than 30 diagnostic laboratory tests, and various biometric measurements (height, weight, waist circumference and blood pressure). *Blueprint for Wellness Express* integrates the HRA, diagnostic testing, and biometric measurements. However, the diagnostic testing panel used in this program option specifically targets with a glucose and lipid panel what CDC says are among the most prevalent and costly conditions in the U.S. workforce—cardiovascular disease and diabetes. *Blueprint for Wellness-HRA* is a very economical program offered either as a stand-alone basis or for use in years when clients choose not to offer Blueprint for Wellness Comprehensive. It includes only the HRA, with no supplemental laboratory testing or biometric measurements.

Here’s just a sampling of what makes Blueprint for Wellness stand out in the wellness arena:

• Quest is the nation’s leading laboratory and diagnostic company, a trusted name in testing.

• As a venous blood-draw, the diagnostic test is clinically more accurate than a finger-stick test, and can include more comprehensive tests, which may reduce the need for repeat tests at the physician’s office.

• Your members have their choice of completing the HRA online or on paper.

• A remote-kit option increases accessibility; members who are not centrally located can take a remote kit to one of 2,200 Quest patient service centers nationwide.

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• Participant reports are written at a sixth-grade reading level, so that results are easy for everyone to understand.
• Client report identifies health risks/conditions that are prevalent among participants and their readiness to make lifestyle changes necessary for minimizing their health risks or disease progression. This information assists clients in knowing where to focus wellness and care management efforts.

Early identification of patients needing care can lead to better therapeutic outcomes and decreased overall healthcare costs. Contact your account executive to help you explore which option best fits your plan objectives.

Using MyWHI.com Just Got Easier
Now, when your members with a Walgreens prescription want to access their mail service information on MyWHI.com, all they need to do is enter a few pieces of information to set up their Web account and unlock their personal information. Improvements we completed in August eliminated the need for the previous multiple-page registration process, and make it much quicker for members with either a Walgreens Mail Service or retail prescription in their records to set up and unlock their online account. They can bypass 14 fields (and two pages) of information, and instantly have access to their prescription history and other account information.

Here’s how the new shortcut works once members register on MyWHI.com:
• If they have a Walgreens Mail Service prescription filled through their Walgreens Health Initiatives benefit, they’re done. Their information will automatically be synchronized and their user name will give them access to all their PBM and mail service tools.
• If they have a Walgreens retail prescription filled through their Walgreens Health Initiatives benefit, they’ll be asked to enter that prescription number to unlock access to their records. If the prescription entered is a match, their user name and password will give them access to all their PBM and Mail Service tools. (If it’s not a match, they proceed with the normal 14-field registration.)

That’s just one of the recent web site improvements. All the tools for PBM and mail service are now combined into one toolbar for easy access. The top of the page has also been streamlined to provide quick links for logging in and updating information.
We are also working on additional enhancements planned for this fall. These include:

- Improvements that will make navigation easier and quicker
- New page design that will make the most-used tools more easily accessible
- Requiring log in for online refill orders to encourage registration

MyWHI.com is a valuable tool that allows us to communicate efficiently with members. We can inform them via their account if there’s an issue with their order. They can also opt to receive emails informing them of site benefits and updates. Promoting MyWHI.com registration and making it user-friendly is important in supporting our clients’ plan objectives.

### 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 table below. 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.

| Walgreens Health Initiatives Significant MAC List Updates (August-September 2008) |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| **Additions**                   | **Generic**                     | **Strength**                   | **Brand Equivalent**           |
| **Ofl oxacin otic solution**    | 0.3%                            | Floxin®                        | Antibiotic                     |
| **Venlafaxine capsules**        | 25 mg, 37.5 mg, 50 mg, 75 mg, 100 mg | Effexor®                        | Antidepressant                 |
| **Deletions**                   | **Potassium chloride**          | 10 mEq                         | Micro-K                        |
|                                 |                                 |                                 | Potassium replacement          |

### Rx Drug Update

The FDA recently approved the following new medications:

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Company/ Availability</th>
<th>Indication(s)</th>
<th>Dose Form(s)</th>
<th>Regimen</th>
<th>AWP as of August 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>PrandiMet™ (repaglinide/ metformin) tablets</td>
<td>Novo Nordisk Available 4th quarter 2008</td>
<td>Treatment of type 2 diabetes</td>
<td>1 mg/500 mg and 2 mg/500 mg tablets</td>
<td>One tablet twice daily</td>
<td>NA</td>
</tr>
<tr>
<td>Requip® XL™ (ropinirole) extended release tablets</td>
<td>GlaxoSmithKline Currently available</td>
<td>Treatment of Parkinson’s disease</td>
<td>2 mg, 4 mg, and 8 mg tablets</td>
<td>One tablet once daily</td>
<td>$2.71 per 2 mg tablet $5.42 per 4 mg tablet $8.13 per 8 mg tablet</td>
</tr>
</tbody>
</table>
New Rx Indications
The FDA approved the following medications for new or expanded indications:

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Original Indication</th>
<th>New or Expanded Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concerta® (methylphenidate) extended-release tablets</td>
<td>Treatment of ADHD in children and adolescents</td>
<td>Treatment of ADHD in adults</td>
</tr>
<tr>
<td>Cymbalta® (atazanavir) capsules</td>
<td>Treatment of depression, anxiety and diabetic peripheral neuropathic pain</td>
<td>Treatment of fibromyalgia</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Web Site</th>
</tr>
</thead>
</table>

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/library/nho.

<table>
<thead>
<tr>
<th>Observance</th>
<th>Date</th>
<th>Sponsor, Web Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Heart Day</td>
<td>September 30</td>
<td>World Heart Federation</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.worldheart.org">www.worldheart.org</a></td>
</tr>
<tr>
<td>Healthy Aging Month</td>
<td>September</td>
<td>Educational Television Network, Inc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.healthyaging.net">www.healthyaging.net</a></td>
</tr>
<tr>
<td>National Cholesterol Education Month</td>
<td>September</td>
<td>National Heart, Lung, and Blood Institute</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.hin.nhlbi.nih.gov">www.hin.nhlbi.nih.gov</a></td>
</tr>
<tr>
<td>Talk About Prescriptions Month</td>
<td>October</td>
<td>National Council on Patient Information and Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.talkaboutrx.org">www.talkaboutrx.org</a></td>
</tr>
</tbody>
</table>
Medication Matters

The following article, written for your members, provides information on medication safety for children.

Keep Kids Safe Around Medications

According to the Centers for Disease Control and Prevention, finding and eating or drinking medications without adult supervision is a leading cause of emergency room visits among children younger than 5. You can avoid these types of accidents by carefully storing and handling medications while considering the special needs of children, who may be attracted to colorful medications and may be more likely to eat small objects they find.

Store Medications Safely

- Store all medications, including vitamins and supplements, in a locked or childproofed cabinet or drawer.
- Keep all medications out of sight and out of reach of children.
- Do not leave medications in a bag, purse or coat pocket.
- Always recap medications when they are not being used.
- Ask visitors to keep their medications out of sight and out of reach of children.
- Don't forget to store your pet’s medications away from children.
- Do not store medication in reused prescription bottles or in other containers where they may be mistaken for other medications, food or candy.
- Do not discard expired or unused medications in open trash containers.

‘Show and Tell’ Safe Behaviors

- Do not take pills or other medications in front of children, as they may try to imitate your behavior.
- Do not ask children to be “helpers” with your medication routine.
- Use medications only when they are needed.
- Do not leave children alone with medication, even for a moment.
- Write down each time you provide a dose of a child’s medicine to avoid double-dosing by two parents or caregivers.
- Teach children that medications are not toys or candy, and that all medications (even vitamins) should be handled only by adults.

Be Ready for Emergencies

Program the national poison control hotline number, 800-222-1222, into every household phone and your cell phone, and post it next to phones throughout your home.

By taking a few simple steps, you can help keep children safe around medications in your home.
References

Healthful Living Blueprint for Wellness

Medication Matters

Rx Drug Update and New Rx Indications