Healthful Living™ Smoke-Free Program Helps Reduce Risks

If your goal is a healthy member population that has minimal impact on your healthcare costs, make sure they’re enrolled in our Healthful Living™ Smoke-Free Program, offered in collaboration with Alere®. This program is a targeted, telephonic, lifestyle intervention by personal health coaches who help individuals reduce their health risks by gradually stopping tobacco use.

Program participants work each time with the same certified health coach, who might be a registered dietitian, respiratory therapist or master’s level social worker with extensive clinical experience in behavior modification. The coaches’ collaborative approach helps participants understand the impact that their lifestyle choices can have on their health, and develop a behavior-change plan that best meets their individual needs.

Supplementing the phone counseling is the program workbook, which also includes worksheets and journals. The workbook’s six sections feature time-tested tips on setting and achieving each week’s goals. These include how to do the preparatory work, the pros and cons of nicotine-replacement therapy, coping during the first...
tobacco-free days, enlisting a support system in the smoke-free campaign, urge control, beating the stress that can lead to the urge to use tobacco and preventing common lapses that could derail the participant’s progress.

Let the behavior-modification counseling of Healthful Living Smoke-Free help your members quit tobacco once and for all. In progressive steps, it will help free them of a dangerous habit, and potentially reduce your associated healthcare costs. Contact your account executive today to implement this valuable program for promoting good health and workplace productivity.

**Voluntary Tablet Splitting Reduces Cost and Maintains Adherence**

The costs of some expensive maintenance medications are similar regardless of tablet strength. For these medications, a lower-strength tablet can cost the member and the plan as much as a higher-strength tablet. Walgreens Health Initiatives has turned this pricing challenge into a cost savings opportunity with our Voluntary Tablet Splitting Program (VTSP).

Here’s how it works: Qualifying members who take selected medications simply ask their physician for a prescription for a higher-strength tablet, purchase half the needed quantity of these “double-strength” tablets and split them in half. This can reduce prescription unit costs by as much as 50 percent. For example, if members are taking one tablet daily of Lipitor® (atorvastatin) 40 mg, a cholesterol-lowering medication, they will split one tablet of Lipitor 80 mg and take half a tablet daily. The member and the client can both benefit from the savings; the member pays less in copays, and the plan incurs lower drug costs.

The number of people who take their maintenance medications as prescribed tends to decrease over time, especially for conditions that have no symptoms, such as high blood pressure and high cholesterol. Some have questioned whether tablet-splitting programs contribute to that problem. An analysis conducted by Walgreens Health Initiatives during 2007 found that members who participated in the VTSP were more likely than nonparticipants to be adherent with their medication—that is, to keep taking their maintenance medications as prescribed.

- Overall, medication adherence for members who participated in the VTSP, as measured by the medication possession ratio (MPR), remained unchanged at 0.9 nine months after program enrollment. In other words, these members received 90 percent of the medication that was prescribed for them during this period.

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• In contrast, the MPR for members who were taking the same medication but were not enrolled in the VTSP decreased significantly from 0.84 to 0.76 during the same period.
• Savings on prescription costs yielded an average return on investment of 5-to-1 for three clients who offered the VTSP for at least nine months during 2007. The percentage of members participating in this program ranged from 3.5 percent to 8.5 percent.
• The average member savings per prescription for participating members was $13.77.

These results demonstrate that this member-friendly program yields shared cost savings for plans and members while promoting adherence to medication therapy. Medication adherence may help slow disease progression and reduce the number of disease-related complications, which in turn helps manage costs.

Let us model and estimate the VTSP’s cost savings based on your targeted medication utilization and benefit design. Contact your account executive for more information.

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:

Oral Bisphosphonate Step Care Therapy Promotes Generic Option
Walgreens Health Initiatives has developed a step care therapy program for oral bisphosphonates, which are often prescribed as first-line therapy for the treatment of postmenopausal osteoporosis. Our new program is designed to promote—if clinically appropriate—the use of alendronate. Alendronate is the generic equivalent for the prescription brand-name medication Fosamax® and a generic alternative for Actonel® and Boniva.® Once implemented, a brand-name bisphosphonate will be covered only if members have tried but did not benefit from generic alendronate. Increasing generic utilization is a key strategy for reducing your pharmacy benefit costs while providing quality care to your members. Contact your account executive to implement this program.
Walgreens Specialty Pharmacy Achieves 100 Percent ACHC Accreditation

The Accreditation Commission for Health Care, Inc. (ACHC) awarded accreditation status to Walgreens Specialty Pharmacy locations in Beaverton, OR; Glenview, IL and Livingston, NJ, which join our accredited locations in Ann Arbor, MI and Pittsburgh, PA.

ACHC, a private, nonprofit corporation certified to ISO 9001:2000 standards, was developed by home care and community-based providers to help companies improve business operations and the quality of patient care. Accreditation is a voluntary activity in which healthcare organizations submit to peer review of internal policies, processes and patient care against national standards to lead organizations to continually examine their policies and practices in order to clarify their strengths and weaknesses. Accreditation is awarded for a three-year period, and is contingent on continuing compliance. By attaining accreditation, Walgreens Specialty Pharmacy demonstrates its commitment to providing the highest standards of operational, clinical and therapeutic excellence for our patients.

As the fourth-largest specialty pharmacy in the nation, Walgreens Specialty Pharmacy offers comprehensive programs and patient management services for those who use specialty medications for chronic and complex health conditions, including cancer, hepatitis, multiple sclerosis, psoriasis, rheumatoid arthritis and others. Walgreens Specialty Pharmacy provides members with medication fulfillment, patient education and clinical support services. Its team of knowledgeable pharmacists and nurses also counsel patients on the importance of medication adherence and side-effect management.

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 (October 2008) |
|-----------------------------|-------------------|----------------|----------------|
| Additions                  |                   |                |                |
| Generic                    | Strength          | Brand Equivalent | Therapeutic Class |
| ramipril                   | 1.25 mg, 2.5 mg, 5 mg, 10 mg | Altace®        | ACE inhibitor |
| risperidone                | 0.25 mg, 0.5 mg, 1 mg, 2 mg, 3 mg, 4 mg | Risperdal®    | antipsychotic |
| Deletions                  |                   |                |                |
| None                       |                   |                |                |
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 October 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keppra XR™ (levetiracetam) extended-release tablets</td>
<td>UCB Currently available</td>
<td>Treatment of seizures</td>
<td>500 mg tablets</td>
<td>Variable based on symptom control</td>
<td>$3.91 per tablet</td>
</tr>
<tr>
<td>Sancuso® (granisetron) transdermal system</td>
<td>ProStraken Currently available</td>
<td>Prevention of chemotherapy-induced nausea and vomiting</td>
<td>3.1 mg/24-hour patch</td>
<td>One patch applied for a duration of up to seven days</td>
<td>$365.25 per patch</td>
</tr>
<tr>
<td>Stavzor™ (valproic acid) delayed-release capsules</td>
<td>Noven Currently available</td>
<td>Treatment of bipolar disorder and epilepsy</td>
<td>125 mg, 250 mg and 500 mg capsules</td>
<td>Variable based on symptom control</td>
<td>$1 per 125 mg capsule $1.95 per 250 mg capsule $3.61 per 500 mg capsule</td>
</tr>
<tr>
<td>Xenazine® (tetrabenazine) tablets</td>
<td>Prestwick Available 4th quarter 2008</td>
<td>Treatment of HD chorea</td>
<td>12.5 mg and 25 mg tablets</td>
<td>Variable based on symptom control</td>
<td>Unavailable</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>Valtrex® (valacyclovir) tablets</td>
<td>Treatment of cold sores, genital herpes and herpes zoster</td>
<td>Treatment of chickenpox in patients age 2 to 17</td>
</tr>
<tr>
<td>Viread® (tenofovir) tablets</td>
<td>Treatment of HIV infection</td>
<td>Treatment of chronic hepatitis B infection</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>International Foundation of Employee Benefit Plans (IFEBP) 54th Annual Employee Benefits Conference</th>
<th>Texas School Risk Managers Association (TXSRMA) 6th Annual Conference</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.

<table>
<thead>
<tr>
<th>Observance</th>
<th>Date</th>
<th>Sponsor, Web Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great American Smokeout</td>
<td>November 20</td>
<td>American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>American Diabetes Month</td>
<td>November</td>
<td>American Diabetes Association <a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
<tr>
<td>National Handwashing Awareness Week</td>
<td>December 7-13</td>
<td>Henry the Hand Foundation <a href="http://www.henrythehand.com">www.henrythehand.com</a></td>
</tr>
</tbody>
</table>

Medication Matters
The following article, written for your members, offers tips on how to take different types of medications correctly and safely.

Taking Your Medication the Right Way: Tips for Success
Even the best medication won’t do much good if it isn’t taken correctly. How you swallow a pill or apply an ointment can affect how well it works. Here are some tips to keep you on the right track.

Pills: Tablets, Caplets, Capsules
• Do not open, crush, split* or dissolve tablets, caplets or pills without first talking to your doctor or pharmacist.
• Check the label to see what food (if any) or drink can be taken along with your medication.
• If you have trouble swallowing pills, ask your doctor or pharmacist if your medication is available in another form.

*Liquid, Creams, Ointments
• Always use the measuring spoon, dropper or cup provided with liquid medication to get an accurate dose.
• Ask your doctor or pharmacist what is considered a correct dose for a cream or ointment.

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Inhalers
• Follow the directions for your particular inhaler, even if you have previously used similar devices.
• If you have trouble inhaling the medication, ask your doctor or pharmacist for help.
• Some inhaler devices can be used with other devices to help make the medication easier to inhale.

Injections
• Some medication manufacturers may provide devices that can help make injections easier.
• Never reuse needles, and do not inject into an area that is red, swollen or hard.
• Change the injection site regularly to help minimize pain and reduce the risk of injection-site reactions or infections.
• If you are unsure or uncomfortable about delivering injections, talk to your doctor, nurse or pharmacist.

References
Medication Matters

Rx Drug Update and New Rx Indications

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Tablet Splitting
   adherence and persistency. Poster presented at the Academy of Managed Care Pharmacy annual 
   meeting, San Francisco, CA; 2008.
3. Individual ROI results depend on member utilization of medications targeted by the VTSP, their 
   respective savings potential, member participation rates, benefit design and client fees.