



OUR WAR ON OPIOIDS

Framework for intervention

Prevalence of opioid use disorder among Highmark's commercially insured members: About **7 per 1,000** members in 2018, compared to **6.0** in 2017 and the **5.9** average for the Blue Cross Blue Shield Association.

During the past year for all of Highmark commercial members, the number of opioid prescriptions dropped



in Pennsylvania



in West Virginia

Health care fraud recovery and abuse as a result of the Designated Pharmacy Program since October 2014:



4,200 Fewer pharmacy visits



1,714 Less ER and Urgent Care visits



7,503 Fewer prescriptions



\$7.6 million Total program savings

In 2017 and 2018, Highmark and the Highmark Foundation collectively gave nearly **\$1,000,000** toward community organizations and programs fighting the opioid epidemic in Pennsylvania, West Virginia, and Delaware. These grants and sponsorships support front-line efforts including filling an emergency need for naloxone, community-based drug prevention and addiction treatment plans, and rehabilitation and treatment facilities.

Key interventions in place

Our three-pronged approach:

1. Effective pain management

Manage pain without opioids and leverage alternative treatments (acupuncture, massage, etc.).

2. Safe prescribing

If opioids are necessary, prescribe safely and identify addiction early.

3. Effective treatment and therapy

Mitigate personal and societal risk of opioid addiction and ensure access to effective addiction treatment.

Preventive measures:



7-day supply

Quantity level limits ensure members are using the drugs within medically accepted dosing limits.



Rx Lock In

Prevents doctor shopping.



Overutilization Monitoring

Watching out for seniors.



Prior authorizations required when:

3 drugs are prescribed and at least 1 drug is an opioid.

Opioid products with possible negative reactions to current medications are prescribed.

Transmucosal immediate-release fentanyl (TIRF) is prescribed.



Screen test

A federally-funded, \$5 million research project launches in 2019 at select Allegheny Health Network primary care offices to screen for and treat patients who have or are at high risk for developing a substance use disorder (called Screening, Brief Intervention, and Referral to Treatment, or SBIRT).

Allegheny Health Network launched the Enhanced Pain Management Program in partnership with Gateway Health, bringing together a range of alternative, non-opioid therapies and support services to help patients manage physical pain while addressing underlying issues that contribute to their opioid dependence.

