

NOTES FROM THE PHARMACIST PHARMACY UTILIZATION MANAGEMENT

Q4 2024 updates

Ensuring a higher quality of care and optimal, cost-effective outcomes through utilization management.

THE RIGHT DRUG AT THE RIGHT PRICE

Together, the pharmacists at Blue Cross and Blue Shield of Minnesota and our pharmacy benefit manager, Prime Therapeutics, regularly analyze drug trend data to shape utilization management (UM) programs. This update reflects changes in programs based on that analysis.¹

To get the most current program updates, visit the [Pharmacy Utilization Management web page](#).

Effective October 1st, 2024

New programs

UM program, therapy class, or drug descriptions are included below, along with the specific drugs targeted by these new UM programs. Please see the corresponding symbol for the type of UM program that applies.



Prior Authorization

A process to ensure appropriate prescribing and use before a drug will be covered. Coverage may be approved after certain criteria are met.








Quantity Limits

The maximum amount of drug allowed for each fill. Quantity limits are based on the number of days or number of units (pills, capsules, ounces, etc.). Quantity limits promote safe, cost-effective drug use reducing waste and overuse.



Step Therapy

A process that requires trying another drug that may be more safe, clinically effective and, in some cases, less expensive, before a more expensive drug is approved.

Description	Target drug	Program type
Eohilia – Drug used to treat inflammation in the esophagus	Eohilia	 
Filsuvez – Topical treatment for wounds associated with a rare skin condition	Filsuvez	
Irritable Bowel Syndrome with Diarrhea (IBS-D) – Drugs used to treat abdominal pain and diarrhea	alosetron	 

¹These UM programs apply generally to all Blue Cross and Blue Plus plans and products. Benefit plans vary in coverage and some plans may not implement these programs or provide coverage for certain medicines or services addressed in these programs.

Unless otherwise noted, prior authorization and quantity limit programs apply to both brand and generic drugs. Prime Therapeutics LLC is an independent company providing pharmacy benefit management services.

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Verkazia – Drug used to decrease swelling and itchiness in the eyes	Verkazia	PA	QL
Spevigo – Drug used to treat a form of psoriasis	Spevigo	PA	QL
Voydeya – Drug used to treat a certain type of blood disorder	Voydeya	PA	QL
Zelsuvmi – Drug used to treat a certain viral skin infection	Zelsuvmi	PA	QL

Changes to existing UM programs

UM programs are updated on an ongoing basis to add new generics for targeted brand drugs or new drugs when they become available. The specific program additions are noted in the table below.

Description	Target drug	Program type
Dipeptidyl Peptidase-4 (DPP-4) Inhibitors and Combinations – Drugs that are used to control high blood sugar in adults with type 2 diabetes	sitagliptin/metformin	QL ST
Hyperhidrosis – Drugs used to treat excessive sweating	Sofdra	PA QL
Self Administered Oncology Agents – Drugs that are used to treat cancer and available in an oral form that patients can take by themselves	Ojemda	PA QL
Topical Corticosteroids – Topical drugs used to treat skin inflammation and itching	fluocinonide gel 0.05%, fluocinolone acetonide cream 0.01%, hydrocortisone lotion 2.5%	QL ST

Name changes to existing UM programs





Description	Target drug	Program type
Dry Eye Disease – Drugs that are used to manage dry eyes, often due to inflammation or the immune system <i>Note: Name changed from Ophthalmic Immunomodulators</i>	Eysuvis, Miebo, Restasis, Tyvaya	PA QL

Discontinuation of UM programs

Description	Target drug	Program type
Eysuvis – Drug used to treat signs and symptoms of dry eye disease <i>Note: Eysuvis has moved under the Dry Eye Disease program</i>	Eysuvis	PA QL
Miebo – Drug used to treat signs and symptoms of dry eye disease <i>Note: Miebo has moved under the Dry Eye Disease program</i>	Miebo	PA QL
Tyvaya – Drug used to treat signs and symptoms of dry eye disease <i>Note: Tyvaya has moved under the Dry Eye Disease program</i>	Tyvaya	PA QL

Effective November 1st, 2024

Discontinuation of UM programs

Description	Target drug	Program type
Relyvrio – Drug used to treat a type of nerve disease called amyotrophic lateral sclerosis (ALS)	Relyvrio	 
Xermelo – Drug used to treat carcinoid syndrome diarrhea in people with neuroendocrine tumors	Xermelo	 

Effective December 1st, 2024

No program changes for December 1st, 2024 at this time.