

UnitedHealthcare Community Plan of New Mexico

Prescriber guide



Opioid overutilization prevention and opioid use disorder treatment programs

In response to the U.S. opioid epidemic, we've developed programs to help our members receive the care and treatment they need in safe and effective ways. We've based our measures on the Centers for Disease Control and Prevention's (CDC) opioid treatment guidelines to help prevent overuse of short-acting and long-acting opioid medications. Please use this quick reference guide to learn more about these programs.

Concurrent Drug Utilization Review (cDUR) programs

The cDUR program uses the pharmacy claims processing system to screen all prescriptions at the point of service and checks for possible inappropriate drug prescribing and utilization, as well as potentially dangerous medical implications or drug interactions. The program includes communication to the dispensing pharmacy at point of service through claims edits and messaging to the dispensing pharmacy at point of service. The pharmacist will need to address the clinical situation at the point of sale before entering appropriate National Council for Prescription Drug Programs (NCPDP) codes to receive an approved claim, unless otherwise stated below.

THERDOSE Acetaminophen	<ul style="list-style-type: none">• Combination opioids plus acetaminophen (APAP) limit• Prevents doses of APAP greater than 4 grams per day
Duplicate Therapy - Short-Acting Opioids (SAOs)	<ul style="list-style-type: none">• Alerts to concurrent use of multiple SAOs
Duplicate Therapy - Long-Acting Opioids (LAOs)	<ul style="list-style-type: none">• Alerts to concurrent use of multiple LAOs
Drug-Drug Interaction - Opioids and Medication-Assisted Treatment (MAT)	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and MAT drugs
Drug-Drug Interaction - Opioids and Benzodiazepines	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and benzodiazepines

Concurrent Drug Utilization Review (cDUR) programs (cont.)

Drug-Drug Interaction – Opioids and Skeletal Muscle Relaxants	<ul style="list-style-type: none"> • Point-of-sale alert for concurrent use of opioids and skeletal muscle relaxants
Drug-Drug Interaction – Opioids and Sedative Hypnotics	<ul style="list-style-type: none"> • Point-of-sale alert for concurrent use of opioids and sedative hypnotics
Drug-Inferred Health State – Opioids and Prenatal Vitamins and Medications Used in Pregnancy	<ul style="list-style-type: none"> • Enhanced point-of-sale alert for concurrent use of opioids and prenatal vitamins and concurrent use of opioids and medications used in pregnancy (e.g., doxylamine/pyridoxine) • This custom message does not require the pharmacist to enter appropriate NCPDP codes to receive an approved claim
High Dose Opioids – Recommend Pharmacist to Offer Opioid Antagonist	<ul style="list-style-type: none"> • Enhanced point-of-sale alert for high dose opioids that recommends the pharmacist offer an opioid antagonist • This custom message does not require the pharmacist to enter appropriate NCPDP codes to receive an approved claim

Retrospective Drug Utilization Review (rDUR) programs

The rDUR program analyzes claims on a daily basis and sends communications to prescribers.

Abused Medications DUR Program	<ul style="list-style-type: none"> • Daily identification of members who are getting multiple opioid prescriptions from multiple prescribers and/or filling at multiple pharmacies • Also identifies members with chronic early refill attempts, overlapping LAOs, overlapping SAOs, high daily doses of opioids, a diagnosis of opioid overdose with an opioid fill, overlapping opioid and MAT medications, overlapping opioid and a benzodiazepine, overlapping opioid and an antipsychotic medication, overlapping opioid, muscle relaxant and benzodiazepine and overlapping opioid and opioid potentiator • Patient-specific information sent to all prescribers with medication fill history for the last 4 months
Pharmacy Lock-In Program	<ul style="list-style-type: none"> • Pharmacy lock-in programs vary by state, however, all include filling of opioids by multiple prescribers at multiple pharmacies as an inclusion criterion for the program • Members chosen for the program will be locked into one pharmacy for all of their medications for a period of 1 year. Lock-in periods vary by state.

Utilization Management (UM) programs

UM programs promote appropriate use, help reduce costs and ultimately, help improve the health status of members.

Cumulative 90 Morphine Milligram Equivalent (MME) Limit	<ul style="list-style-type: none"> • Point-of-sale dosage limit for all opioid products up to 90 MME • Prevents cumulative opioid doses above the preset threshold from processing • Prior authorization required for doses above the preset threshold
LAO Prior Authorization	<p>Prior authorization requires:</p> <ul style="list-style-type: none"> • Attestation of appropriate use and monitoring • Step through short-acting opioid (non-cancer pain) and step through preferred LAOs • If appropriate, step through neuropathic pain alternatives (non-cancer pain)
New to Therapy SAO Edit	<ul style="list-style-type: none"> • Point-of-sale limits for members who are opioid naïve (no opioid claims in the last 60 days) • Point-of-sale limits include maximum of a 7-day supply and 50 MME or less per day dose Prior authorization required to exceed these quantities for opioid-naïve members
Cough and Cold Products Containing Opioid Components	<ul style="list-style-type: none"> • Limited to a quantity per fill of 120 mL (units) as well as a 30-day maximum quantity of 360 mL (units) • Prior authorization is required for members under age 18 prior to filling a cough and cold product containing opioid components
Transmucosal Fentanyl Product Prior Authorization	<ul style="list-style-type: none"> • Prior authorization requires documentation of pain due to cancer and patient is already receiving opioids
Overdose Prevention (naloxone)	<ul style="list-style-type: none"> • No prior authorization is required for preferred naloxone products (generic naloxone injection, Narcan® Nasal Spray)

Evidence-Based Prescribing programs

Focuses on outreach to prescribers identified as outliers

Fraud/Waste/Abuse Evaluation	<ul style="list-style-type: none"> • Retrospective controlled substance claims analysis • Identifies outlier opioid prescribers
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Miscellaneous

Substance Use Disorder Helpline	<ul style="list-style-type: none">• 24/7 helpline: 855-780-5955. For members or caregivers, staffed by licensed behavioral health providers• Reference: liveandworkwell.com
Miscellaneous – Drug Enforcement Agency (DEA) License Edit	<ul style="list-style-type: none">• Verifies DEA is active and matches scheduled medication in the claim
Miscellaneous – Refill-Too-Soon Threshold	<ul style="list-style-type: none">• Increases the refill-too-soon threshold to 90% on opioids and other controlled substances CII-V

Abbreviations

APAP Acetaminophen	MME Morphine Milligram Equivalent
CDC Centers for Disease Control and Prevention	PA Prior Authorization
cDUR Concurrent Drug Utilization Review	rDUR Retrospective Drug Utilization Review
DEA Drug Enforcement Agency	SAOs Short-Acting Opioids
LAOs Long-Acting Opioids	UM Utilization Management
MAT Medication-Assisted Treatment	



We're here to help

For more information, please call Provider Services at **888-362-3368**.



How to submit pharmacy-related prior authorization requests

Please submit a pharmacy prior authorization request at go.covermy meds.com/optumrx.