



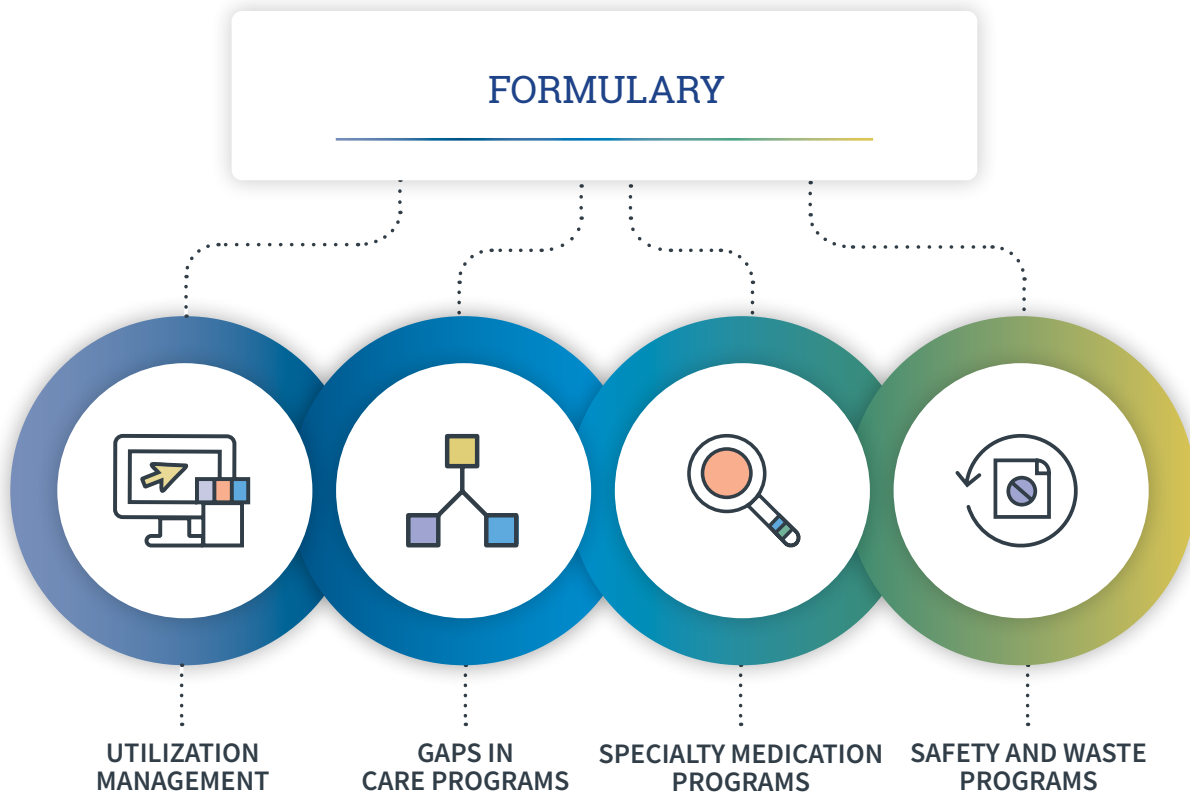
# CLINICAL PROGRAMS

# Clinical Programs



Our comprehensive clinical programs support both client and member needs, by focusing on safety, efficacy, cost containment, and an investment in human capital.

Capital Rx's carefully designed formulary provides the framework to offer safe, effective, and cost-efficient drugs for our plans and members. In addition to our formulary, Capital Rx's comprehensive clinical approach includes an array of programs designed to address four major areas of pharmacy plan management.



# Utilization Management Tools



## UTILIZATION MANAGEMENT

Drive savings through formulary exclusions, tiers, step therapy and prior authorizations to lower cost without impacting member access to care and clinical outcomes.



## LOW VALUE BRANDS & GENERICS

Drive savings through excluding high-cost, low-value brand and generic medications when lower cost and clinically appropriate alternatives are available.



### PROGRAM NAME

## Rx Concierge High Touch Prior Authorization

### COST

\$1.00 - \$2.25 PMPM (Per Member Per Month)

### DESCRIPTION

Our dedicated clinical team monitors claims, proactively contacting providers to initiate the prior authorization process. Capital Rx communicates the coverage determination in real-time by phone to the member, provider, and dispensing pharmacy.

Rx Concierge offers several benefits:

- Lowers administrative burden
- Improves member and provider experience
- Streamlines the PA process to less than 24 hours



### OUTCOMES SPOTLIGHT

In one case study, 28% of interventions led to prescribers using a preferred agent after clinical discussion resulting in savings of up to \$1000 per claim.<sup>1</sup>

1. Results for Capital Rx commercial client enrolled in the Rx Concierge PA Program starting 1/1/2020.

# Gaps in Care Programs

PROGRAM NAME

COST

DESCRIPTION

## Rx Enhance

Interventional Disease Management

Quoted upon request

Our clinical team identifies and bridges gaps across various disease states — including asthma, diabetes, and cardiovascular conditions — to improve adherence to evidence-based treatments, drive clinical outcomes and reduce costs.



### OUTCOMES SPOTLIGHT

A significant increase in generic statin claims prevents long-term cardiovascular complications resulting in reduced total healthcare costs by 27% per intervened patient and reduced mortality.<sup>2,3</sup>

A 17% increase in claims for controller medications led to a significant reduction in rescue inhaler utilization. The study showed a corresponding potential decline in associated plan-spend associated with asthma, which accounts for \$81.9B annually resulting from medical care, absenteeism, and mortality.<sup>4</sup>

- David C., et al. (2012). The Large Social Value Resulting From Use Of Statins Warrants Steps To Improve Adherence And Broaden Treatment. *Health Affairs*, 31; 10 2276-2285
- Gotto, A. M., Jr, Boccuzzi, S. J., Cook, J. R., Alexander, C. M., Roehm, J. B., Meyer, G. S., Clearfield, M., Weis, S., & Whitney, E. (2000). Effect of lovastatin on cardiovascular resource utilization and costs in the Air Force/Texas Coronary Atherosclerosis Prevention Study (AFCAPS/TexCAPS). *AFCAPS/TexCAPS Research Group. The American journal of cardiology*, 86(11), 1176–1181. [https://doi.org/10.1016/s0002-9149\(00\)01198-x](https://doi.org/10.1016/s0002-9149(00)01198-x).
- American Thoracic Society. (2018, January 12). Asthma costs the US economy more than \$80 billion per year. *ScienceDaily*. Retrieved July 23, 2020 from [www.sciencedaily.com/releases/2018/01/180112091212.htm](http://www.sciencedaily.com/releases/2018/01/180112091212.htm)

PROGRAM NAME

COST

DESCRIPTION

## Retrospective Drug Utilization (R-DUR)

Included in base administrative fee

Our clinical team reviews claims filled at the pharmacy and communicates potential drug safety concerns to members and providers that are not addressed at the point-of-sale. Focused areas of concern include:

- Drug-Drug Interactions
- Drug-Age Interactions
- Drug-Disease Interactions
- Drug Overutilization
- Duplicate Therapy
- Controlled Drug Management



### OUTCOMES SPOTLIGHT

A resolution rate of 13% associated with claims identified as part of the drug-age initiative may lead to a cost-savings of up to \$45 per member per month.<sup>5</sup>

- Cooper J. W., Jr (1997). Consultant pharmacist drug therapy recommendations from monthly drug regimen reviews in a geriatric nursing facility: a two-year study and cost analysis. *The Journal of Nutrition, Health & Aging*, 1(3), 181–184.

# Specialty Medications Programs

## COPAY ASSISTANCE PROGRAMS

### PROGRAM NAME

### Rx Cap

### Rx Cap+

### COST

\$50 per claim

\$50 per claim

### DESCRIPTION

- Connects members with manufacturer-sponsored patient assistance programs for commonly prescribed specialty drugs
- Results in the lowest available drug costs, maximum plan savings and minimal member disruption

- Connects members with manufacturer-sponsored patient assistance programs for ultra-orphan specialty drugs used to treat rare conditions such as:
  - Acromegaly
  - Cystic Fibrosis
  - Hemophilia
  - Urea Cycle Disorders



### OUTCOMES SPOTLIGHT

A Capital Rx client enrolled in the Rx Cap program was able to reduce their specialty drug spend by 13% resulting in savings of \$1,517,607.<sup>6</sup>

Another client enrolled in the Rx Cap+ program saved \$177,357 across 12 claims, accounting for 5% of total specialty drug spend that year.<sup>7</sup>

6. Results for Capital Rx labor union client <March 1, 2019 to February 29, 2020>.

7. Results for Capital Rx school union client <January 1, 2019 to December 31, 2019>.

## PATIENT-CENTRIC SPECIALTY MANAGEMENT

### PROGRAM NAME

### Rx Cares

Personalized Patient Engagement

### COST

**Included in base administrative fee for clients with exclusive specialty agreements; Quoted upon request for others**

### DESCRIPTION

Rx Cares was crafted to help members with complex conditions address barriers to care, manage side effects and increase adherence. Our clinicians regularly communicate with members, providers and dispensing pharmacies to ensure a team approach to care delivery.

The Rx Cares program includes:

- Individualized welcome kits
- Comprehensive initial patient assessments
- Monthly phone check-ins
- Educational tools and videos



# Safety & Waste Reduction Programs

## PROGRAM NAME

## COST

## DESCRIPTION

### Rx Ally

Proactive Opioid Management

Included in base administrative fee

To help clients work through the challenges of the current opioid crisis, Rx Ally takes a multi-faceted approach, including:

- Utilization management edits
- Claims monitoring
- Point-of-sales messaging
- Controls to limit the quantity and frequency of fills



## PROGRAM NAME

## COST

## DESCRIPTION

### Rx Control

Split Fill

Included in base administrative fee

Rx Control is focused on the management of specialty medications with high patient discontinuation rates. Members new to treatment initiate therapy with partial fills at prorated copays, receiving counsel from our highly-trained clinicians prior to each fill to increase adherence and counseling therapy continuation.

## PROGRAM NAME

## COST

## DESCRIPTION

### Rx Vigilance

Fraud, Waste & Abuse

Desk audit: \$500, Onsite audit: \$1,500

Please note: COPS retains 20% of savings recovered

Rx Vigilance offers data mining and proactive analysis using the Cluster Optics Process (COPS), a machine learning system that leverages advanced methods based on criminology. If issues are identified, a comprehensive desk audit process is initiated, which often results in the reversal of over-payments made to the pharmacy.

PROGRAM NAME

COST

DESCRIPTION

## Rx Helix

Pharmacogenomics & Personalized Medicine

### Quoted upon request

The future of medicine is personal – and using pharmacogenomics and DNA testing offers a fully individualized approach to patient care. The objective is to improve a medication’s effectiveness, avoid drug reactions and reduce the total cost of care stemming from prescription trial and error.

- Targeted members complete a non-invasive cheek swab test.
- A specially trained pharmacist reaches out to the member to coordinate counseling and provide a medication blueprint.
- The pharmacist contacts the prescriber to discuss suitable medications based on the member’s test results.



PROGRAM NAME

COST

DESCRIPTION

## Medical-Pharmacy Solutions

### Quoted upon request

Our medical pharmacy program encompasses two solutions, benefit shift and site of care optimization, lowering costs and offering patients more convenience when receiving infusion therapy.

- Benefit shift allows for processing of infused medications through the pharmacy benefit rather than medical without member disruption.
- Site of care optimization strategically navigates members to the most cost effective and clinically acceptable administrative setting to receive select infusions, including from the comfort of their own homes.



### OUTCOMES SPOTLIGHT

A Capital Rx client enrolled in the Medical-Pharmacy Solutions program saw an average savings of 42% per intervened claim with benefit shift and an additional savings of 30% across intervened claims with site of care optimization.<sup>8</sup>

8. Results for Capital Rx commercial client.