

WHAT TO KNOW ABOUT OPIOIDS

The Centers for Medicare and Medicaid Services (CMS) requires all Medicare plans to have medication edits in place to help keep members safe when using opioid medications. Opioid medications, also known as “narcotics,” are used to ease pain. Some opioid medications include oxycodone, morphine, fentanyl and Vicodin. Using opioid medications in high doses or with other drugs, such as benzodiazepines like lorazepam, diazepam or temazepam can be dangerous.

Opioid limitations on the Mutual of Omaha RxSM (PDP) formulary

- Drug Specific Quantity Limits
 - Formulary opioid drugs have a maximum quantity that can be filled each month. You can view these quantity limits using our formulary search tool that shows the covered drugs by going to MutualofOmahaRx.com/formulary.
- Prior Authorization on all Long-Acting Opioid products
 - Prior Authorization ensures appropriate use. For daily, around-the-clock, treatment of chronic pain your plan requires that members are opioid-experienced and have tried and optimized non-opioid therapies, and prescribers must confirm they have 1) evaluated the member's opioid history via the state Prescription Drug Monitoring Program (PDMP); 2) discussed the risks as well as realistic benefits of opioid therapy with the member; and 3) have established opioid management through a treatment plan for their member.

Opioid edits in place for Mutual of Omaha Rx plans

- Exclusions for Opioid Edits
 - Members taking opioids for palliative care, have a diagnosis of cancer pain, a diagnosis of sickle cell disease or are enrolled in hospice or a long-term care facility can obtain an exemption from the opioid edits. The dispensing pharmacy can also override all of the edits listed below if the pharmacist can determine appropriate usage as determined by having one of the conditions listed above.
- Opioid Naïve Edit
 - If a member has not had a previous claim for an opioid in the last 108 days, only a 7-day supply can be dispensed. To have greater than a 7-day supply filled, a coverage determination is needed before the plan will pay.

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Opioid edits in place for Mutual of Omaha Rx plans *(continued)*

- **Overarching 200 Morphine Milligram Equivalent (MME) Edit**
 - If opioid claims total 200 MME or greater in the last 180 days, a coverage determination is needed before the plan will pay.
- **Care Coordination MME Edit at 90 MME**
 - If claims show there are two or more prescribers and opioid claims total 90 MME or greater in the last 180 days, a coverage determination may be needed before the plan will pay.
- **Concurrent Drug Utilization Edits**
 - *Long-Acting Therapy Duplication* – this edit identifies members taking multiple long-acting opioids at the same time, a coverage determination is needed before the plan will pay.
 - *Opioid/Benzodiazepine Drug Interaction* – this edit identifies members taking benzodiazepines and opioids at the same time.
 - *Drug Interaction* – this edit provides messaging to the pharmacy that use of two drugs together should be avoided, such as narcotics used with buprenorphine, which is used for medication assisted therapy, or narcotics used with benzodiazepines.

Non-opioid options

Non-opioid options are also available to treat pain. Your plan covers non-steroidal anti-inflammatory drugs including, but not limited to, oral ibuprofen, meloxicam and naproxen as well as topical diclofenac gel. Many over the counter drugs (not covered by your prescription drug plan) can also help with pain such as Tylenol, Aspercreme, Capzasin, Bengay, Salonpas, Icy Hot and heat wraps, to name a few. Be sure to check with your medical insurance provider to see if you may have coverage for alternative pain treatments such as massage, acupuncture or chiropractic care. Physical activity can also improve pain. Medical insurance providers may cover membership to a recreation center or exercise classes such as Silver Sneakers, be sure to check what's available to you.