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Caremark's Preferred Drug Selection Process

Caremark uses the services of an independent National Pharmacy and Therapeutics (P&T) Committee to review the safety and efficacy of drug therapies. The P&T Committee is an external advisory body of experts from across the United States. The voting members of the committee include physicians, pharmacists, a pharmacoeconomist and a medical ethicist, all of whom have broad clinical backgrounds and academic expertise regarding prescription drugs. Voting members of the committee may not be employees of Caremark and must disclose any conflicts of interest they may have with any pharmaceutical manufacturers. The pharmaceutical industry is not granted access to these members to influence their decisions nor are they allowed access to their meetings.

The P&T Committee thoroughly reviews the efficacy and safety of each individual drug before adding the drug to the Caremark National Formulary. Decisions regarding additions or deletions from the Caremark standard drug lists are based on Caremark's internal clinical and cost effectiveness review processes. Once a formal request is made by Caremark to have a product added/deleted to/from the formulary, it will be brought back to the P&T Committee for final approval based on clinical appropriateness (i.e., safety and efficacy).

Caremark's methodology adheres to URAC, NCQA and CMS accreditation standards on Conflict of Interest.

Asthma and Allergy Awareness

According to the National Institute of Health, 50 percent of asthma sufferers in the United States have allergic asthma which is caused by inhalation of dust mites, pollen, pet dander and mold. In response to allergen exposure, the body produces the IgE antibody. Potent chemicals called mediators are then released causing inflammation and swelling of the airways, resulting in asthma symptoms.

It is important for patients with allergic asthma to seek treatment from an asthma specialist who can identify allergic triggers, work with them to develop an avoidance plan and prescribe appropriate medication. Some recommendations for patients who suffer from allergic asthma are:

- Cover mattresses and pillows in zippered dust-proof covers
- Wash sheets and blankets weekly in water at least 130 degrees

- Wear a filtering mask when dusting or vacuuming
- Avoid having wall-to-wall carpeting, if possible
- Reduce the humidity in the home to less than 50 percent by using a dehumidifier and/or air conditioner
- Keep pets outside
- To prevent mold, keep bathrooms dry with a fan or dehumidifier.
- Clean moldy surfaces with bleach
- Keep shower curtains clean
- Stay inside and keep windows closed when pollen levels are high

For more information on the treatment of asthma, please visit www.mychp.com and select Care Guides for Disease Management under the Providers tab.

Network News is published by Community Health Plan to provide network health care providers with current information regarding administrative changes, program updates and other health plan news.

To change your address or suggest an article for future Network News editions, please contact:

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COMMUNITY
HEALTH PLAN
www.mychp.com

Community Health Plan Formulary Changes Effective July 1, 2008

Note: All drugs in italics represent a generic drug

New Formulary Agents		
Therapeutic Class	Drug	Rationale
ANTIHYPER-LIPIDEMIC COMBINATION:	niacin/simvastatin (SIMCOR)	For patients taking Niaspan and simvastatin, Simcor is priced comparably to Niaspan. Combination product may increase compliance.
ANTI-HYPERTENSIVE – DIRECT RENIN INHIBITOR:	aliskiren fumarate (TEKTURNA)	New category of antihypertensive, Direct Renin Inhibitor. Unlike ACE inhibitors and ARB's, Tekturna reduces plasma rennin activity, which itself is an independent risk factor. The clinical implications of this reduction, is unknown at this time.
ANTI-HYPERTENSIVE COMBINATIONS:	aliskiren fumarate/hydrochlorothiazide (TEKTURNA HCT)	Tekturna (see above), combined with HCTZ for additional blood pressure lowering.
HEMATOPOETIC GROWTH FACTOR:	darbepoetin alfa (ARANESP)	Indicated for to anemia due to renal failure and in cancer patients receiving chemotherapy. P&T Committee did not wish to disadvantage a product used in complex patients by specialists.
NARCOTIC ANALGESICS:	morphine sulfate sr 24 hr (AVINZA) oxymorphone sr (OPANA ER)	Long-acting opioid for the treatment of moderate to severe pain when continuous around-the-clock opioid analgesia is required for an extended period of time. Additional treatment options since Oxycontin is no longer available as a generic.
OPHTHALMIC BETA-BLOCKER COMBINATION:	brimonidine/timolol (COMBIGAN)	Combination product to treat glaucoma. Useful for patients with inadequate intra-ocular pressure lowering on either individual component or for patients stabilized on the individual agents.
OPHTHALMIC NONSTEROIDAL ANTI-INFLAMMATORY AGENT:	bromfenac sodium (XIBROM)	An agent that would be used on a short-term basis to treat ocular inflammation and pain in patients that have undergone cataract surgery.

CLAIMS CORNER

Community Health Plan is proud to report the following claims statistics for the month of May 2008:

Average turn around time (clean claims paid from received date)
6.14 calendar days

Auto adjudication
77.47 percent

Electronic claim submission
76.51 percent

Claims finalized in 30 days
98.81 percent

Community Connections Disease Management Programs

Community Health Plan offers Community Connections Disease Management Programs at no cost to members with diabetes, heart disease, COPD and asthma. These programs focus on member education and instruction on self-managing a chronic illness. By participating in one of these programs, members can expect regular contact from a registered nurse, individualized goal setting, educational mailings and quarterly newsletters.

Goals of Community Connections programs include:

- Improving members' health and quality of life
- Assisting members in accessing appropriate services and resources
- Promoting member and provider satisfaction

For more information, please visit www.mychp.com, select Health Improvement and then Disease Management.

CUSTOMER SERVICE

Community Health Plan is proud to report the following customer service statistics for the month of May 2008:

Abandonment rate (percentage of lost calls)

2.4 percent

Average speed of answer

23 seconds

Use of the Modifier -50

Bilateral (additional) procedures performed at the same operative session should be identified on the claim form by reporting modifier -50 with the appropriate code. The first procedure code is listed on the claim form without the modifier. The second procedure code is listed on the claim form with the modifier -50 appended. LT (left) and RT (right) are also acceptable for use in distinguishing between bilateral procedures on the claim form and would be listed with their respective codes.

The modifier -50 is often misused. Here are some examples. Reporting the modifier for a lesion removal performed on the right arm and a lesion removal on the left arm would not qualify as bilateral. Attaching the modifier to a procedure that is identified in its description as a bilateral service or adding the modifier to CPT surgical procedures that contain the words "one" or "both" is incorrect. Modifier -50 is not appropriate to use with procedure code 52005 since the basic procedure is an examination of the bladder and urethra which are not paired organs.

If you have questions regarding the modifier -50, refer to the latest CPT codebook or a certified coder.

Community Health Plan Formulary Changes Effective July 1, 2008

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New Non-Preferred Agents		
NON-PREFERRED	DRUG FORMULARY ALTERNATIVE(S)	Rationale
ACTONEL W/ CALCIUM	<i>alendronate</i> , Actonel	Generic alendronate available. Concerns about simultaneous administration of calcium with Actonel, which may reduce GI absorption of oral bisphosphonates.
ALTACE	<i>ramipril</i> , <i>lisinopril</i> , <i>quinapril</i> , <i>fosinopril</i>	Numerous generic ACE inhibitors available.
ANALPRAM HC	<i>lidocaine-hydrocortisone acetate</i> , Proctofoam HC	Analpram HC has DESI categorization, which indicates a lack of substantial evidence demonstrating effectiveness for its labeled indications.
ATROVENT HFA	SPIRIVA	Spriva is a long-acting inhaled anticholinergic for the treatment of COPD. It is dosed once daily vs. four times a day for Atrovent HFA. This may increase compliance and improve outcomes.
CARDIZEM LA	<i>diltiazem ext-rel</i>	Numerous generic calcium channel blockers available.
FEMHRT	PREMPRO, PREMPHASE	Streamlining of estrogen & progestin category. Prempro/Premphase are market leaders. Activella 1mg/0.5mg is now available as generic.
FOSAMAX PLUS D	<i>alendronate</i> , ACTONEL	Generic alendronate available.
REMICADE	ENBREL, HUMIRA	For some indications, Enbrel and Humira may offer an alternative that can be self-administered as a subcutaneous injection vs. an IV infusion in a healthcare facility with Remicade.
TEV-TROPIN	HUMATROPE, NORDITROPIN, GENOTROPIN, NUTROPIN/AQ, SAIZEN	Tev-tropin has not been accepted in the market place. Its market share is very low and it is not delivering value in this category.
SULAR	<i>amlodipine ext-rel</i> , <i>nifedipine ext-rel</i>	Numerous generic calcium channel blockers available.

MyCHP Service

Using MyCHP Service at www.mychp.com is quick and easy. Simply log in to MyCHP Service and research a variety of information from claims and enrollment status to prior authorizations and appeals.

Benefit summaries

Please note the following list of renewed and new groups with Community Health Plan:

Renewed Groups	Product Type	Effective Date
A & G Restaurant	PPM2570	May 1, 2008
Cabinets, Counters & More	GPM3550, GPK3550	May 1, 2008
Daviess County	GPM1425, GPK1425	
	PPM1425	May 1, 2008
IMO, Inc.	PPM2560, PPM2560B	May 1, 2008
IPS Group, Inc.	GPM1350, GPK1350	
	PPM1350	May 1, 2008
Kovac's, Inc.	GPM2540, GPK2540	May 1, 2008
Missouri Mobile Concrete, Inc.	PPM2800	May 1, 2008 – September 30, 2008
Moffet Nurseries, Inc.	PPM1355	May 1, 2008
North Missouri Construction, Inc.	PPM2550	May 1, 2008
Paradox, Inc. d/b/a Custom Industrial Analysis Lab	GPM0815, GPK0815	May 1, 2008
Professional Ag Services, Inc.	GPM3850, GPK3850	
	PPM3850	May 1, 2008 – October 31, 2008
Saxton Care Center	GPM2470, GPK2470	
	PPM2470	May 1, 2008
TBL, Inc.	GPM1095, GPK1095	May 1, 2008

New Groups	Product Type	Effective Date
Acme Music & Vending	PPM5060	May 1, 2008
Edlin Plumbing	GPM5090, GPK5090	May 1, 2008
Leibowitz, Inc.	PPM5070	May 1, 2008
Midland Interiors	GPM1115, GPK1115	
	PPM1115	May 1, 2008
Nodaway Broadcasting Corp.	PPM5040	May 1, 2008
Robert J. Brown Lumber	GPM5010, GPK5010	
	PPM5010	May 1, 2008
Smith Vending & Office Coffee	GPK5030, PK5030PB	May 1, 2008

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