



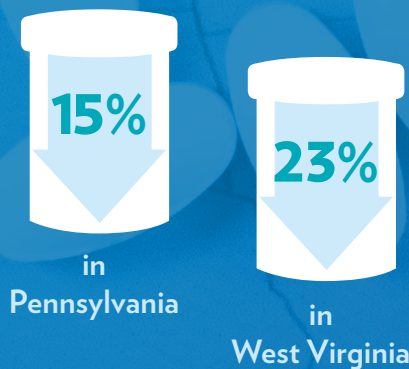
# OPIOIDS: PROMOTING RECOVERY, RESTORING HOPE

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## Framework for intervention

Prevalence of opioid use disorder among Highmark's commercially insured members: About **7.0 per 1,000** members in 2018, compared to **6.0** in 2017, and the **5.9** average for the Blue Cross Blue Shield Association.

During the past year for all of Highmark commercial members, the number of opioid prescriptions dropped:



Health care fraud recovery and abuse as a result of the Designated Pharmacy Program since October 2014:



**4,200** Fewer  
pharmacy visits



**1,714** Less  
ER and Urgent Care  
visits



**7,503** Fewer  
prescriptions



**\$7.6 million**  
Total program savings

From 2017 to 2019, Highmark and the Highmark Foundation collectively gave nearly **\$3,000,000** toward community organizations and programs fighting the opioid epidemic in Pennsylvania, West Virginia, and Delaware. These grants and sponsorships support front-line efforts including filling an emergency need for naloxone, community-based drug prevention and addiction treatment plans, and rehabilitation and treatment facilities.

# Key interventions in place

## Our three-pronged approach:

### 1. Effective pain management

Manage pain without opioids and leverage alternative treatments (acupuncture, massage, etc.).

### 2. Safe prescribing

If opioids are necessary, prescribe safely and identify addiction early.

### 3. Effective treatment and therapy

Mitigate personal and societal risk of opioid addiction and ensure access to effective addiction treatment.

## Preventive measures:



### 7-day supply

Quantity level limits ensure members are using the drugs within medically accepted dosing limits.



### Rx Lock In

Prevents doctor shopping.



### Overutilization Monitoring

Watching out for seniors.



### Prior authorizations required when:

Three drugs are prescribed and at least one drug is an opioid.

Opioid products with possible negative reactions to current medications are prescribed.

Transmucosal immediate-release fentanyl (TIRF) is prescribed.



## Screen test

A federally funded \$5 million research project launched in 2019 at select Allegheny Health Network primary care offices to screen for and treat patients who have or are at high risk for developing a substance use disorder (called Screening, Brief Intervention, and Referral to Treatment, or SBIRT).

Allegheny Health Network launched the Enhanced Pain Management Program in partnership with Gateway Health, bringing together a range of alternative, non-opioid therapies and support services to help patients manage physical pain while addressing underlying issues that contribute to their opioid dependence.

