Prescription drugs are often necessary to prevent illness and avoid worsening medical conditions. The cost of prescription drugs has accounted for almost 10% of the total National Health Spend within the United States over the past five years. Experts predict that the amount spent on prescription drug products will continue to rise at an annual rate of 7% over the next five years, with the United States projected to account for $294.9 billion of the prescription drug spend in 2015 alone.

Three elements have been identified as contributing factors to the United States’ ever-increasing drug spend – the number of prescriptions dispensed, increasing drug prices and changes to the drug mix. Since 2008, the number of dispensed prescriptions has risen 5.1%, and in 2012, prescription drug prices rose 3.6%, or twice the rate of inflation, according to the Bureau of Economic Analysis. The third factor, drug mix, is affected when new drug products are used in place of older, less expensive medications, or when they are used to treat conditions for which no previous drug treatment was available. While pharmaceutical manufacturers control increasing drug prices, the other elements – drug utilization and mix – can be proactively managed.

Solutions to Improve Safety and Quality

At WellDyneRx, we collaborate with our clients to develop value-based, cost-effective and clinically proven solutions. By looking beyond traditional trend management, WellDyneRx delivers advanced pharmacy benefit solutions dedicated to managing the ever-rising cost of pharmacy benefits.

WellDyneRx’s Clinical Trend Management Program combines several fundamental clinical programs tailored to reduce medication waste and overuse, while helping clients maximize cost savings and ensure appropriate drug therapy.

WellDyneRx’s Clinical Trend Management Program includes:

- Standard Utilization Management
- Standard Step Therapy
- Standard Quantity Level Limits and Dose Optimization
- Retrospective Drug Utilization Review (rDUR)

**Standard Utilization Management Program**

WellDyneRx’s standard utilization management program aims to decrease areas of inappropriate medication use with three components:

- **Standard Age Edits**: WellDyneRx’s standard age edits affect topical acne agents and stimulant medications used for the treatment of attention-deficit hyperactivity disorder (ADHD). These drug classes have primary indications that are rarely seen past a certain age. By implementing age-appropriate edits at the point of sale, we ensure optimal utilization and avoid potential misuse.

- **Standard Prior Authorization Edits**: PA edits are recommended for medications that have the potential for abuse or misuse, require close monitoring due to safety or efficacy concerns, or have high costs. PA edits are intended to prevent improper prescribing practices, ensuring members are treated with the most clinically and cost-effective drug therapies available.

- **Standard Gender Edits**: Gender edits prevent the use of medications that are inappropriate for a member’s gender. A prescription drug claim will be denied at the point of sale when a medication such as an oral hormonal contraceptive used exclusively for females is submitted for a male, or vice versa.
Standard Step Therapy Bundle

WellDyneRx’s standard step therapy bundle works in conjunction with a plan’s drug formulary to drive utilization of the most clinically and cost-effective drug products. By encouraging members to try a Step One drug, usually a generic alternative, before coverage is provided for a Step Two, generally more costly, brand name drug, this program lowers drug spend without compromising the quality of care. WellDyneRx’s standard step therapy bundle targets 13 therapeutic drug classes in which multiple clinically appropriate alternatives are available to manage a condition. Examples of step therapy edits include:

- Regular and rapid-acting insulin used to treat diabetes
- Dipeptidyl-peptidase-IV inhibitors for diabetes management
- Angiotensin receptor blockers for high blood pressure management
- Triptans for migraine management
- Sedative hypnotics for insomnia treatment

Standard Quantity Level Limits and Dose Optimization

To ensure medications are dispensed in quantities that are clinically appropriate for a plan’s benefit design, WellDyneRx’s standard quantity level limit program promotes both clinical and economic outcomes based on appropriate drug dosing. These limits are based on the drug manufacturer’s recommendations, the U.S. Food and Drug Administration (FDA) guidelines, and WellDyneRx’s Pharmacy and Therapeutics (P&T) Committee review to ensure that medication use is consistent with approved dosing regimens to optimize patient safety.

Retrospective Drug Utilization Review (rDUR)

WellDyneRx’s rDUR program detects inappropriate drug use by evaluating pharmacy claims data (and medical claims data when available) to identify utilization and/or drug therapy prescribing patterns, based on clinically based therapeutic criteria such as established clinical guidelines and/or best practice standards, and provides recommendations for change. Common situations include the use of multiple physicians or pharmacies, duplicate therapies, significant and potential drug-drug interactions, and adherence to standards of care and best practices in target conditions, such as migraine, diabetes, and asthma management. WellDyneRx’s Comprehensive Clinical Review includes one rDUR program per quarter.

To review your current prescription drug trend or to receive additional information regarding WellDyneRx’s Clinical Trend Management Program, please contact your WellDyneRx Account Manager.

References: