

Objectives

- This session should help you
- Review facts about the opioid crisis
- Describe CMS' actions to address the opioid crisis
- Explain opioid-related services and prescription drug coverage under Medicare, Medicaid and the Marketplace
- Locate opioid information resources

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Opioids Overview

- Prescription opioids can be prescribed to treat moderate to severe pain, but can also have serious risks and side effects.
 Examples include:
- Oxycodone (OxyContin)
- Hydrocodone (Vicodin)
- Morphine
- CodeineMethadone
- Fentanyl is a synthetic opioid pain reliever that is many times more powerful than other opioids and is approved for treating severe pain, like advanced cancer pain. It's also illegally made and distributed.
- Heroin is an illegal opioid.

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Opioids and Older Adults

- Pain is one of the most common health problems for people older than 65 and is linked to less mobility, avoiding activity, falls, depression, anxiety, sleep disruption, and isolation
- Opioids can help some older adults remain independent—a key predictor of health—and can effectively treat some debilitating pain that impacts function and quality of life
- Opioid use can pose certain health risks for older adults, including constipation, breathing issues, confusion, drug interactions, and increased fall risk
- Prescribers play a key role in weighing the benefits and risks of opioid use in their older patients

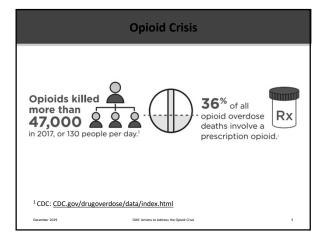
For more information about opioids and older adults, visit

 ${\sf SAMHSA.gov/capt/sites/default/files/resources/resources-opiod-use-older-adult-pop.pdf}$

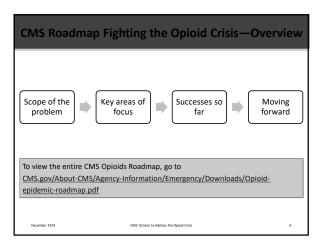
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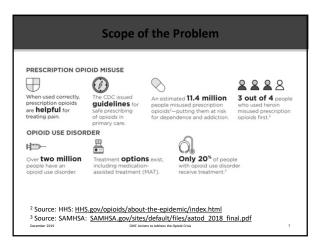
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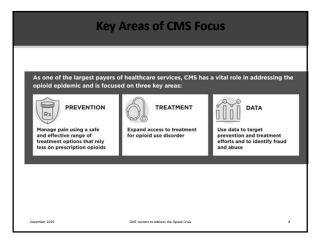
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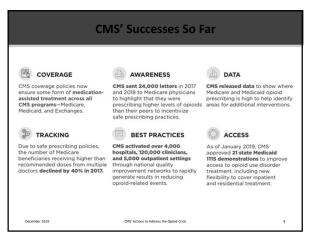


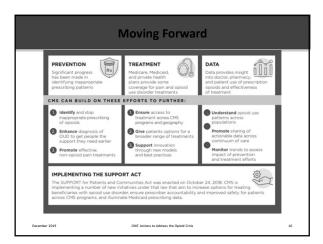
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Opioid-Related Services and Coverage

- Role of payers
- Medication-assisted treatment (MAT)
- Medicare
- Medicaid
- Marketplace/Exchanges

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Role of Payers in Responding to the Opioid Crisis

- Cover opioid use disorder treatment
- Monitor prescription opioid trends and address outliers
- Ensure coverage of treatments for pain that rely less on opioids

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HHS's Efforts to Improve the Treatment of Pain

- Department of Health and Human Services (HHS)
- Established a comprehensive high-level strategy for pain IPRCC.nih.gov/sites/default/files/HHSNationalPainStrategy 5
- Leads the Pain Management Best Practices Inter-Agency Task
- Proposed updates to best practices and issued recommendations that address gaps or inconsistencies for managing chronic and acute pain

HHS.gov/ash/advisory-committees/pain/reports/2018-12-draft-report-on-updates-gaps-inconsistencies-recommendations/index.html

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What is Medication-Assisted Treatment (MAT)

MAT, including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use disorders.

Can be prescribed only by certain providers

xamples:

- Methadone administered at a clinic that meets certain federal opioid treatment program standards
- Suboxone®(Buprenorphine/Naloxone combined) – prescribed or dispensed at a doctor's office/by a physician or practitioner meeting specific standards

Can be prescribed by any health professional with prescribing authority

Example:

 Vivitrol® (Naltrexone injection) is administered in a physician's office.
 Used for outpatient maintenance therapy and requires a prescription

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Medicare and Opioids

- Medicare coverage of drug treatment services
- Medicare coverage of prescription drugs for drug treatment
- Medicare Part D (prescription drug coverage) medication coverage rules
- CMS final rule to address the opioid crisis through prevention
- Medicare Part D Opioid Prescribing Mapping Tool

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Medicare Coverage—Drug Treatment Services

- Medicare will cover drug treatment services if
- Services are from a Medicare-participating facility, other provider, or physician/practitioner
- · Services are reasonable and necessary
- Covered services include
- Psychotherapy
- Individual and group counseling
- Patient education regarding diagnosis and treatment
- Post-hospitalization follow-up
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- · Alcohol misuse screening and counseling
- · Screening for depression

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Medicare Coverage—Prescription Drugs for Drug Treatment

- Medicare covers prescription drugs for drug treatment. They are covered by
- Part A when administered during a hospital stay
- Part B when the drug is injectable or implantable and administered by a physician/practitioner in a physician's office or hospital outpatient department
- Part D when dispensed from a pharmacy when prescribed for medication-assisted treatment (MAT)

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Medicare Part D Medication Coverage Rules

- Medicare Part D drug plans may apply certain coverage rules to Part D drugs on their formularies
 - **Prior authorization**—requires the patient or their prescriber to get approval from the plan before the plan will agree to cover the drug
- Quantity limits—are limits on how much medication can be obtained at a time
- Step therapy—requires the patient to try one or more similar, lower cost drugs before the plan will cover the prescribed drug
- Patient or the prescriber can request an exception if they believe that a coverage rule should be waived

CMS Final Rule to Address the Opioid Crisis through Prevention

Starting in plan year 2019

- Part D plans may adopt drug management programs to limit an atrisk person's access to opioids and benzodiazepines to a selected network pharmacy/doctor
- Includes Medicare Advantage Prescription Drug Plans (MA-PDs) and stand-alone Medicare Prescription Drug Plans (PDPs)
- Person must meet certain criteria showing opioid use with multiple doctors and pharmacies
- Doesn't apply to people with Medicare who have cancer, get palliative care or are in hospice or long-term care
- At-risk person may generally select the pharmacy/doctor
- Limits the availability of the Special Enrollment Period (SEP) for people with Medicare who are dually-eligible for Medicare and Medicaid or have a lowincome subsidy (LIS)

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Medicare Part D Drug Safety Alerts

- As of January 1, 2019, Medicare Part D drug plans may send a person's pharmacy a safety alert before a prescription is filled for
- Possible unsafe amounts of opioids
- First prescription fills for opioids
- Use of opioids and benzodiazepines at the same
- If a person's prescription can't be filled as written, the pharmacist will give them a notice explaining how they or their doctor can obtain a coverage determination

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Medicare Part D Opioid Prescribing Mapping Tool

Allows providers, local health officials, and others to

- Learn about their community's Medicare opioid prescription rate
- Make geographic comparisons of Medicare Part D opioid prescription claims so they can better target prevention and treatment efforts









Go.CMS.gov/opioidheatmap

Medicaid and Opioids

- Coverage of drug treatment
- Pharmacy program drug use management strategies
- Drug utilization review
- Opportunities for states to address mental health and substance use disorders

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Medicaid Coverage of Drug Treatment

- States have the option to cover substance use disorder (SUD) treatment services
- States offer pharmacy benefits
- Varies by state and the drug
- In most cases, providers are permitted to prescribe covered, preferred drugs without prior authorization

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Medicaid Pharmacy Program Drug Use Management Strategies

- Preferred drug list
- Clinical criteria
- Step therapy
- Prior authorization
- Quantity limits
- Drug utilization review
- State Prescription Drug Monitoring Program (PDMP)

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Medicaid Drug Utilization Review Annual Report

- State Medicaid agencies must report drug utilization review (DUR) program activities and processes to Centers for Medicare & Medicaid Services (CMS) every year
- Ensures appropriate drug utilization policies, including appropriate opioid utilization
- CMS compiles DUR information for the CMS Medicaid DUR State Comparison/Summary Report at Medicaid.gov/Medicaid/prescription-drugs/drug-utilization-review/index.html

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Medicaid Opportunities for States to Address Mental Health and Substance Use Disorders (SUDs)

- Final Mental Health and SUD parity rule
- Strengthens access to mental health and SUD benefits
- Plans must disclose information on mental and SUD benefits information
- States must disclose reasons for denying reimbursement or payment
- CMS/federal partners work with states to improve SUD and behavioral health services
- Innovation Accelerator Program (IAP)
- Health Homes
- Certified Community Behavioral Health Centers
- Section 1115 SUD demonstrations

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The Marketplace and Opioids

Mental health coverage and substance use disorder (SUD) coverage

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The Marketplace—Mental Health and Substance Use Disorder (SUD) Coverage

- Essential health benefits (EHB) rules require coverage for key categories of benefits
- Specific benefits depend on your state, but the health plan but must include coverage for
- Mental health and SUD benefits (including behavioral health treatment)
- Prescription drugs

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The Marketplace—Mental Health and Substance Use Disorder (SUD) Coverage (continued)

- Other protections for Marketplace plans include
- Cost sharing for EHB benefits must count towards the plan's annual limitation
- No yearly or lifetime dollar limits
- Must comply with "parity" protections
- Must not discriminate

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Additional Information and Resources December 2013 CAS Actions to Address the Opend Gross. 30



CMS Collaboration With Federal and Private Partners

- "Informational Bulletin on Medication-Assisted Treatment (MAT) for Substance Use Disorders"
- Surgeon General's letter campaign on the prescription drug crisis
- Centers for Disease Control and Prevention's (CDC)
 "Guideline for Prescribing Opioids for Chronic Pain"
- Discussions about expanding the evidence base to inform coverage determinations for alternative therapies
- Healthcare Fraud Prevention Partnership (HFPP)

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U.S. Department of Health and Human Services (HHS) Opioid Resources

- HHS Opioids Initiative HHS.gov/opioids
- Substance Abuse & Mental Health Services Administration <u>SAMHSA.gov</u>
- Centers for Disease Control and Prevention <u>CDC.gov/drugoverdose/opioids/index.html</u>
- U.S. Food and Drug Administration

FDA.gov/drugs/drugsafety/informationbydrugclass/ucm337066.htm

- National Institute on Drug Abuse

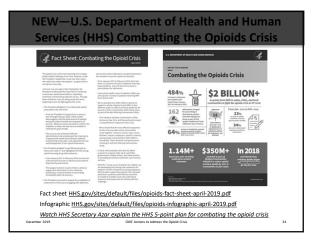
 Drugabuse gov/publications/research-res
- $\underline{\text{Drugabuse.gov/publications/research-reports/prescription-drugs/opioids}}$
- Health Resources & Services Administration <u>HRSA.gov/opioids</u>
- Administration for Community Living (ACL)

ACL.gov/search/node?keys=opioids&=Search

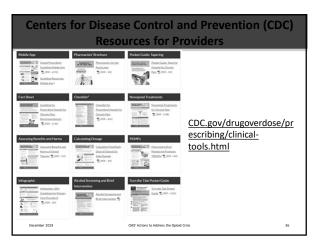
■ Agency for Healthcare Research and Quality <u>AHRQ.gov/topics/opioids.html</u>

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Panel Discussion

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Pharmacy Manager Sutter Health Plan (Sutter Health Plus)

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Questions for our Panelists

What are your health plans doing in the areas of Prevention,
Treatment, Data?

What more can you see your health plan doing in the future?

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Questions for our Panelists	
What questions do you have?	
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