

*AlaskaCare Pharmacy Benefits***Opioid Medication—
Benefit Dispensing Information****AlaskaCare Opioid Guidelines**

The state and federal guidelines were developed to address the opioid epidemic in the United States and Alaska. New safety guidelines were adopted for the AlaskaCare plans on January 1st, 2018 and were further enhanced on January 1st, 2019. The guidelines limit the dispensing of opioids as follows:

For Patients That Don't Normally Use Opioids

- The plan limits the maximum dosage per day to 50 mme and only allows up to a 7-day supply every 91-days.
- A pre-authorization is required to obtain more than a 7-day supply within any 91-day period.

For Patients That Regularly Use Opioids

- The plan limits the maximum dose per day to 90 mme and only allows up to a 30-day supply.
- A pre-authorization is required periodically.

For Patients Age 19 or Under

- A pre-authorization is required for cough medications that contain opioids, and the prescription is limited to a 3-day supply.

Members should discuss the effect of the AlaskaCare dispensing policy with their providers and are encouraged to contact OptumRx toll-free at (855) 409-6999 for support.

Opioids are a type of narcotic pain medication. They can have serious side effects if you don't use them correctly.

Opioid drugs include:

- Codeine (only available in generic form)
- Hydromorphone (Dilaudid, Exalgo)
- Meperidine (Demerol)
- Methadone (Dolophine, Methadose)
- Morphine (Kadian, MS Contin, Morphabond)

- Fentanyl (Actiq, Duragesic, Fentora, Abstral)
- Oxycodone (OxyContin, Oxaydo)
- Oxycodone and acetaminophen (Percocet, Roxicet)
- Oxycodone and naloxone
- Hydrocodone (Hysingla, Zohydro ER)
- Hydrocodone and acetaminophen (Lorcet, Lortab, Norco, Vicodin)

Recommendations that influenced the AlaskaCare opioid dispensing policies:

- Alaska Opioid Policy Task Force (AOPTF): dhss.alaska.gov/AKOpioidTaskForce/Pages/default.aspx
- Center for Disease Control (CDC) updated their Guideline for Prescribing Opioids for Chronic Pain on August 29, 2017: cdc.gov/drugoverdose/prescribing/guideline.html
- The FDA released an action plan to help address the opioid crisis:
 - fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm484714.htm
 - fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm338566.htm
- OptumRx: Current AlaskaCare Pharmacy Benefit Manager complies with the CDC and FDA guidelines: optum.com/resources/library/opioid-risk-management0.html
- Aetna: Previous AlaskaCare pharmacy benefit manager published their five-year plan to help fight the opioid epidemic: news.aetna.com/2017/06/aetna-sets-five-year-goals-fight-opioid-epidemic/

Alaska Division of Retirement and Benefits

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