



Every day, 91 Americans die from an opioid overdose.

According to the Centers for Disease Control and Prevention, overdoses from prescription opioids are a driving factor in the 15-year increase in opioid overdose deaths. The epidemic is costing the American economy more than \$78.5 billion annually and is leading to the largest rise in heroin use in 20 years.

As the healthcare partner to one in three Americans, Blue Cross and Blue Shield (BCBS) companies stand committed to our communities and to fighting America's opioid crisis through the following national initiatives:

PROMOTING EDUCATION AND UNDERSTANDING



BCBS companies are raising awareness of opioid risks and marshalling support for well-informed public policy through community engagements and partnerships.

- **Media Education**

Media partners play a critical role in sounding the alarm about the risks of opioid use. Blue Cross Blue Shield Association (BCBSA) has partnered with The Poynter Institute, a global leader in journalist training, to host workshops for nearly 200 journalists on how to take their reporting on the opioid epidemic to the next level.

- **Public Policy**

BCBSA continues to work with policymakers to find solutions to the growing opioid crisis. Most recently BCBSA collaborated with Governing Magazine to develop a toolkit of targeted, practical policy solutions that local and state policymakers can implement in their local communities.

- **Safe Drug Disposal**

BCBS companies also actively promote the National Prescription Drug Take-Back Day in their local communities twice a year – part of a nationwide effort sponsored by the U.S. Drug Enforcement Agency.

- **Increasing Public Awareness**

BCBSA has partnered with a local PBS affiliate to broadcast nationally a special, one-hour episode of Second Opinion titled, *Overdose: Inside the Epidemic*, which aims to raise awareness of the risks of opioid misuse and addiction.

FOSTERING RESEARCH



Through collaborative research partnerships, BCBS companies are working to identify the most effective treatment for individuals struggling with opioid use disorder.

- **Brain Research Foundation Partnership**

Through a partnership with the Brain Research Foundation, BCBSA is convening scientists, academic researchers and clinical experts to promote neuroscience research on substance use disorders and treatment, with an emphasis on reducing relapse rates.

- **BCBS The Health of America Report**

Leveraging its leading data capabilities, BCBSA has created The Health of America initiative. By using advanced analytics to interpret healthcare claims data from more than 140 million individuals nationwide, BCBSA is able to uncover key healthcare trends. BCBSA recently released the Health of America report, "America's opioid epidemic and its effect on the nation's commercially-insured population," which showed the relationship between opioid use disorder and opioid prescription dose and duration. The report underscores the risks of long-term, high-dosage opioid prescriptions and illustrates the danger by gender and age.

- **BCBS Research Alliance**

BCBSA has partnered with researchers at Harvard Medical School to better understand opioid prescribing patterns. Researchers are also examining the policies that affect access to opioids and opioid use.

ENSURING PATIENT-FOCUSED CARE



BCBS companies are adhering to nationally accepted, evidence-based guidelines in covering the care and treatment of individuals suffering from opioid use disorder.

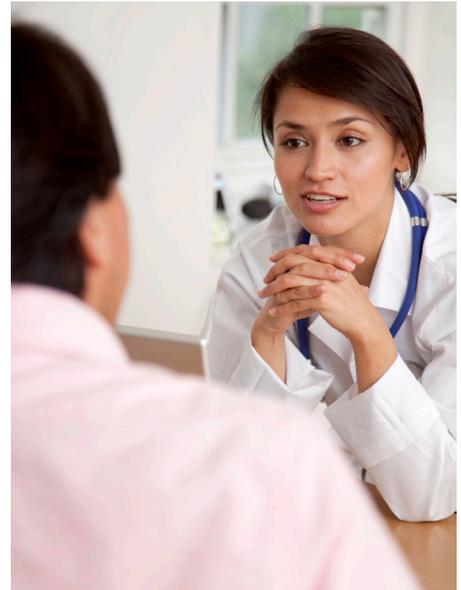
- **BCBS Mental Health and Substance Use Disorder Workgroup**

BCBSA convened a steering committee of leading experts across the BCBS System in pharmacology, psychology, behavioral health, addiction, policy and strategy to coordinate systemwide best practices for the effective treatment of patients suffering from opioid use disorder.

- **BCBS Systemwide Best Practices for Opioid Use Disorder Treatment**

Best Practices set forth by the BCBS Mental Health and Substance Use Disorder Workgroup for systemwide implementation include:

- Endorsing CDC Guideline for Prescribing Opioids for Chronic Pain
- Leveraging pharmacy management tools to monitor and prevent over-prescribing and diversion of prescription opioids
- Adhering to nationally accepted evidence-based guidelines in covering the care and treatment of individuals diagnosed with opioid use disorder
- Engaging with community partners to aid in opioid use disorder treatment and prevention as well as to prevent and detect fraud and diversion of prescription opioids.



BCBS companies continue to look for ways to address the opioid crisis. We stand committed to supporting our communities and helping individuals suffering from opioid use disorder get the care they need.

BLUE CROSS BLUE SHIELD ASSOCIATION

Local Blue Cross and Blue Shield Company Initiatives (Alphabetical Order)



BCBS companies around the country are already undertaking initiatives to help families and communities address the opioid epidemic. Examples include:

Anthem, Inc.

Anthem, Inc. is committed to supporting policy changes that help reduce, prevent and deter opioid use disorder, as well as those that help consumer's better access treatment. As part of that commitment, its affiliated health plans just reached the company's collective goal of reducing prescribed opioids filled at pharmacies by 30 percent during the past five years. And it aims to increase access to care by doubling the number of members getting counseling for opioid use disorder by 2019.

Anthem continues to expand and refine a comprehensive suite of services to assist members and their physicians in managing opioid use disorder.

Anthem operates Pharmacy Home programs in its Medicaid and commercial business to encourage appropriate prescription opioid use for high risk members. With this program, members receive prescriptions from one provider and fill prescriptions at one pharmacy. In order to facilitate early identification and treatment for opioid misuse, Anthem is working directly with primary care physicians in rural areas to extend availability of medication assisted treatment. Anthem provides a variety of care management programs that encompass a wide range of approaches to coordinate care and assist members after medication assisted withdrawal as well as with recovery and long-term stability. Finally, Anthem has enhanced screenings and case management for substance use disorders for maternal and child health members

Arkansas Blue Cross and Blue Shield

With opioid misuse on the forefront of public health, Arkansas Blue Cross and Blue Shield (Arkansas Blue Cross) is committed to ensure the safety and wellness of our members and our communities. Our Substance Abuse Prevention program is designed to help members and physicians better understand and prepare for the risks that come with both acute and chronic pain management. It also aims to help members understand and gain access to resources for addiction treatment when needed. Arkansas Blue Cross was the first in the state to require its network providers with a DEA certificate to register with the state's Prescription Drug Monitoring Program (PDPM) as a condition of network participation. And, in August, 2017, PDMP registration use was required by Arkansas state law.

Provider outreach is important when potential misuse is identified through pharmacy claims analysis. Members with multiple prescribers, and often frequent ER use, are identified on a monthly basis. Prescribers receive notification of their patient's utilization patterns in order to stem misuse and mitigate risk of overdose and death.

The utilization management programs used by Arkansas Blue Cross are based on both current CDC guidelines and the Institute for Clinical Systems Improvement Chronic Pain Guidelines.

Blue Cross and Blue Shield Federal Employee Program

The BCBSA Federal Employee Program Special Investigations Unit (BCBSA FEP SIU) has the unique responsibility of guiding all healthcare anti-fraud activities that have the potential to impact its 5.3 million members.

The BCBSA FEP SIU develops and manages various programs to address and combat the opioid epidemic such as the Provider Shopper

Case Management (PSCM) Program and FEP Pharmacy Lock – In Program. The PSCM Program addresses the opioid addictive behavior of excessively seeking or “shopping” multiple physicians for controlled substance prescriptions. The Pharmacy Lock-in-Program is designed to reduce potential opioid abuse by limiting the number of retail pharmacy options an FEP member may utilize for prescription reimbursement.

Additionally, the BCBSA FEP SIU has established the Opioid High Prescriber Initiative “Blue Opioid.” This initiative is a new and comprehensive effort to identify the top prescribers who may be contributing to the opioid drug abuse epidemic and bring any potential offenders to the attention of law enforcement and regulatory agencies.

The BCBSA FEP SIU is committed to educating members and stakeholders on best practices for combating opioid addiction via various print and electronic media outlets. The BCBSA FEP SIU provides member education and awareness through the use of social media outlets, such as Twitter and Facebook. In addition, the BCBSA FEP SIU publishes a quarterly e-newsletter (The Script) which is designed to educate Blues Plans and industry partners regarding important news and information related to pharmacy fraud, waste and abuse in the FEP. The BCBSA FEP SIU also creates opioid educational materials and brochures to raise awareness.

The BCBSA FEP SIU provides training for industry partners, including law enforcement and Blue Plan SIU investigators, on topics related to prescription fraud and drug diversion, with a focus on the opioid epidemic. The BCBSA FEP SIU also partners with external healthcare fraud work groups (such as NHCAA, NADDI and CADDI) and task forces to combat the crisis. Recently, the FEP SIU was invited by the U.S. Attorney’s Office to participate in a federal initiative to serve on a panel with law enforcement partners including the FBI, DOJ, HHS and DEA.

Blue Cross and Blue Shield of Louisiana

In 2015, BCBS of Louisiana partnered with the National Association of Drug Diversion Investigators to install 29 drug take-back boxes around the state. The drug take-back boxes are located in Louisiana law enforcement agencies, and each month, the contents are properly disposed of. In just a short time, the program is making a big impact with one Sheriff’s office reporting it has already collected more than 2,500 pounds of pills since September 2015. The program is planning to expand and add to the number of drug take-back boxes available. In addition, BCBS of Louisiana has been supporting the U.S. Drug Enforcement Administration’s National Prescription Drug Take-Back Day since 2011

Blue Cross and Blue Shield of Massachusetts

The misuse of prescription painkillers is a safety and healthcare quality priority for BCBS Massachusetts. Launched in 2012, the company’s Prescription Pain Medication Safety Program implements opioid-prescribing best practices. It includes an agreement between the patient and prescriber outlining responsibilities and behaviors of both sides, an assessment of addiction risk, the use of a single pharmacy or pharmacy chain for opioid prescriptions and prior authorization for all new short-acting prescriptions exceeding a 30-day supply. It also ensures doctors are informed about narcotic prescriptions their patients receive from other providers and provides members access to the care they need. The terminally ill and cancer patients, for example, are not included in the program. A CDC study has praised the program, finding that it has lowered the average monthly rate of opioid prescriptions by 15 percent and reduced the number of members using opioids by up to 9 percent. The program also served as the basis for a statewide effort, led by the Massachusetts governor and legislature, to reduce opioid prescriptions. In short, Blue Cross and Blue Shield of Massachusetts’ Prescription Pain Medication Safety Program has reduced the risk of addiction and misuse of prescription painkillers while protecting vulnerable patients.

Blue Cross Blue Shield of Michigan

Blue Cross Blue Shield of Michigan has the following programs in place:

Doctor Shopper Program

The BCBSM/Blue Care Network (BCN) Doctor Shopper program addresses the issue of members who obtain controlled substances from multiple providers without the prescribers’ knowledge of other prescriptions. The goal of the program is to reduce the number of members who abuse their prescription drug benefit, reduce the risk of opioid overdose and to improve coordination of care among physicians.

Holy Trinity Initiative

Adverse drug interactions may result in patient suffering, costly and avoidable medical care, or even death. The “Holy Trinity” is a drug regimen consisting typically of an opioid analgesic, a benzodiazepine and Soma® (carisoprodol). This combination of controlled substances has no legitimate medical indication according to physician experts. The program educates providers about this deadly combination and coordinates care for BCBSM/BCN members who obtain these medications from multiple prescribers.

Controlled Substances Electronic Prescribing Program

The goal is to increase controlled substance e-prescribing rates. Program incentivizes physicians for use of technology to prevent diversion of controlled substances prescriptions (electronic prescribing of controlled substances). This is a social mission goal and PGIP incentive.

Opioid Overdose Monitoring Pilot

Using data from Michigan Health Information Network (MiHIN), ICD 10 codes are used to identify members who possibly have overdosed on opioids or heroin. These members are forwarded to our behavior health vendor who attempts to engage the member to seek treatment if needed.

Opioids Provider Toolkit

Pharmacy Services Clinical Team developed an opioid resources toolkit and shared it with Physician Group Incentive Program (PGIP) physician organizations. The information in the toolkit includes:

- Links to online resources for opioid best practices
- Tips for providers to safely manage pain
- Explanation of how to use data resources and reporting provided to physicians regarding opioid utilization
- Opioid cheat sheet describing pharmacologic alternatives to opioids, including the cost, side effects, dosing, and any prior authorization

Blue Cross & Blue Shield of North Dakota

Blue Cross Blue Shield of North Dakota is actively engaged with multiple stakeholders to stem the opioid crisis.

North Dakota's rural geography creates unique challenges for effectively disseminating new, evidence-based practices to provider practices in rural settings. As such, BCBSND is collaborating with partners across the state to evaluate the launch of an opioid Project ECHO (Extension for Community Healthcare Outcomes) in North Dakota. Project ECHO utilizes technology to leverage scarce resources and create knowledge networks, connecting multidisciplinary teams of experts through regularly scheduled clinic sessions. Through this effort, we aim to increase access to evidenced-based treatment and recovery services in the state.

Targeting a variety of audiences, BCBSND has also partnered with local PBS affiliate, Prairie Public Broadcasting, to produce a 30-minute documentary to highlight the scope of the crisis in North Dakota. The documentary will inform viewers of the serious and devastating impact the epidemic is having on North Dakotan families and will focus attention on solutions the state is developing.

From a care delivery perspective, BCBSND works closely with network addiction treatment providers to build out the behavioral health continuum of care necessary to support chronic relapsing substance use disorders, including opioid use disorders. BCBSND is finalizing development of reimbursement supports specific to the unique needs of the opioid substance use disorder population. In addition, BCBSND leverages our pharmacy benefit manager analytic tools to alert providers to patterns of potentially high-risk doctors prescribing for their patients who are members.

Finally, BCBSND team members serve on various committees and taskforces to collaborate with health care professionals, government officials and communities across the state to combat opioid misuse and addiction.

Blue Cross & Blue Shield of Rhode Island

Blue Cross & Blue Shield of Rhode Island supports Rhode Island Department of Health initiatives to minimize exposure to opioids by limiting the number of opioid doses prescribed to patients who are first time users. BCBSRI's requirement for prior-authorization for long acting opioid prescriptions led to a 25 percent reduction in such prescriptions in 2014. BCBSRI has removed prior-authorization requirements for Suboxone[®], making it easier to address recovery needs immediately. BCBSRI led state efforts to operationalize legislation that places quantity limits on initial prescriptions of short acting opioids. BCBSRI also provides members with access to peer recovery coaches.

BCBSRI has expanded treatment options for members to facilitate access to recovery. BCBSRI covers services through Butler

Hospital's ambulatory detoxification program for members who are able to travel back and forth from home, have home-based support and do not have medical or psychiatric conditions that require an inpatient level of care. In 2015 BCBSRI expanded the HealthPath program which provides comprehensive home and community based services for members with complex behavioral health conditions to include members with a primary diagnosis of a substance use disorder.

In 2016, BCBSRI implemented the CODAC Medication Assisted Treatment Program to increase access to intensive medical treatment options addressing opioid use disorder. CODAC, deemed Rhode Island's first Center of Excellence by state health officials for its treatment of opioid use disorders, provides treatment, recovery and prevention services to individuals and families.

BlueCross BlueShield of South Carolina

BlueCross BlueShield of South Carolina is in the early stages of an innovative pharmacy campaign designed to reduce overdose deaths from opioids and other controlled substances and increase access to substance use disorder resources and treatment options. We understand the benefit of effective treatment for members/patients with opioid use. For that reason, we are actively recruiting prescribers into the network that provide Medication Assisted Treatment (MAT), which is an evidence-based treatment incorporating the use of medication, therapy and recovery groups. We now have MAT in-network providers in Greenville, Seneca, Columbia, Florence, Darlington and Charleston.

These efforts focus on a widespread provider education outreach that encourages safe prescribing practices and access to health coaching services for those patients/members with addiction issues. In addition, cross-functional teams of behavioral health professionals, medical directors (psychiatrists) and others within the organization work together to identify providers who are writing large numbers of these prescriptions. We are seeing an increase in uptake of these offerings and anticipate eventual broad adoption.

BlueCross BlueShield of Tennessee

The BlueCross BlueShield of Tennessee Health Foundation has partnered with the state Department of Health and the Coffee County Anti-Drug Coalition to reduce prescription pain medication misuse and abuse via the Count It! Lock It! Drop It! (CLD) program.

Founded in 2011, CLD encourages community members to:

- Count pills once every two weeks to monitor theft and help ensure medications are taken properly.
- Lock and store medications in a secure place where others would not think to look.
- Take unused or expired medications to drop boxes located in participating law enforcement offices or pharmacies or during take-back events.

CLD's grassroots programming, currently represented in 33 Tennessee counties, includes education outreach and promotion of safe disposal sites. In 2016, the BlueCross BlueShield of Tennessee Health Foundation granted \$1.3 million to fund CLD's expansion to areas identified as "hot spots," which are counties with high numbers of opioid prescriptions dispensed, overdose deaths and babies born with neonatal abstinence syndrome. The funding also supports a statewide public awareness campaign driven by public service announcements and other awareness-building efforts.

The BlueCross BlueShield of Tennessee Health Foundation also partnered with the University of Tennessee's Law Enforcement Innovation Center (LEIC) to train law enforcement professionals on how to administer Naloxone, a lifesaving anti-opioid-overdose medication and funded a \$250,000 grant to help law enforcement organizations obtain the treatment.

The Foundation continues support of the Mothers and Infants Sober Together (MIST) program, which provides a variety of behavioral health services to pregnant women and mothers with drug-exposed infants.

BlueCross BlueShield of Vermont

BCBSVT fights opioid use disorder and opioid-related deaths in Vermont through innovative initiatives, key partnerships, insightful prescription policies and community outreach. BCBSVT sets quantity limits and prior authorization requirements for pain medications and modifies benefits to reduce barriers to care—for example by eliminating every-visit co-payments for daily substance use disorder treatment. The organization supports drug disposal days, identifies inappropriate opiate sourcing from prescribers and pharmacies and participates in a fraud detection consortium to identify problematic prescribing. BCBSVT provides training on nationally established Screening, Brief Intervention and Referral to Treatment (SBIRT) methods and structures its reimbursement design to support substance use disorder treatment in primary care settings. BCBSVT's psychiatrist medical director also provides care,

consultation and education to Vermont communities. In addition to its clinical efforts, BCBSVT concentrates its community outreach efforts on addiction, and particularly opiate use. The company partnered with neighboring Kingdom County Productions on two award-winning documentaries that sparked conversation about Vermonters affected by drug use.

BlueCross BlueShield of Western New York

The region's largest health plan has taken a leadership role in fighting the epidemic since launching a community-wide public awareness effort in 2013 called "PainKillers Kill." The initiative focuses on providing resources to the medical community and community-at-large and includes middle and high school curriculum, a documentary, multi-media advertising, information cards for pharmacies and doctors' offices, a dedicated website and a 24/7 hotline. After the initial launch of the campaign, over 1 in 3 consumers reported taking action inspired by the campaign, most often by discussing addiction with friends and family or discarding expired medications.

In 2017, BCBSWNY is funding a new program called "House of Hope" which educates and involves families with the recovery process of their loved one suffering with addiction. By educating families and providing access to volunteer recovery coaches and drug treatment professionals, the program provides suffering individuals with a better support system at home.

The goal is to reduce the current 92 percent relapse rate within the first 6 months after completing treatment.

Additionally, the health plan has made significant policy changes, including removing preauthorization for all medically assisted therapies, reducing first-fill opioid prescriptions to seven days, creating a behavioral health advisory committee with local mental health providers and community leaders, and developing a robust care management program to help members find care within a recommended treatment plan.

Blue Shield of California

Blue Shield of California launched a three-year Narcotic Safety Initiative in 2015 to reduce inappropriate prescribing and overuse of opioid narcotic medications. Since opioids are not very effective for chronic non-cancer pain – in fact, may actually worsen pain – and lead to drug dependence, the company is working to reduce the number of people on chronically high doses of opioids; reduce the number of people converting from short- to long-term opioid use; and reduce the prescription quantity and number of refills prescribed for people newly starting opioids. Blue Shield has engaged providers to practice prudent prescribing and create care plans that include tapering and stopping opioid use; launched an interdisciplinary case management program addressing related quality, fraud, waste or abuse; enhanced benefits to improve access to alternatives and treatments; and implemented formulary limits to reduce over-prescribing. In the program's first two years, the number of people on high dose opioids has decreased by 46.8 percent, the average dose for chronic users fell by 17.8 percent, and the overall consumption of opioids has fallen by 32 percent.

Capital BlueCross

Over the last two years, Capital BlueCross has committed a total of \$200,000 to help fight heroin addiction in central Pennsylvania and the Lehigh Valley. The funding enables the purchase of naloxone for municipal police departments in its service area. The prescription drug can help save the life of a person who has overdosed on prescription painkillers or heroin.

Excellus BlueCross Blue Shield

As one way of combatting the opioid epidemic and related deaths and overdoses, Excellus BCBS expanded an initiative that was originally implemented in May 2016 that now includes an auto-approval of initial lengths of stay of 14 days for inpatient opioid detoxification, 14 days for opioid inpatient rehabilitation and 14 days for opioid residential treatment in NY-licensed facilities for eligible members. For medical necessity reviews for additional days after the auto-approved initial length of stay, Excellus BCBS is changing to Level of Care for Alcohol and Drug Treatment Referral (LOCADTR), the review criteria adopted by the New York State Office of Alcoholism and Substance Abuse Services, which helps determine the most appropriate recommended level of care for individuals.

Specific steps Excellus BlueCross BlueShield has taken include:

- Most medication assisted treatment do not require a prior authorization;
- Narcan / naloxone rescue kits are covered;
- Supporting and promoting mandated initiatives such as I-STOP, 7-day prescriptions for acute pain and following CDC guidelines for prescribing pain killers; and

- Excellus BCBS has been a long-time supporter of buprenorphine treatment and provides an incentive for induction visits.

Excellus BCBS is also working directly with health care providers in a variety of ways including developing Community Pain Principles and developing a unique partnership of payer, providers and regulators called the WNY Collaborative ECHO for Chronic Pain, Opioid Prescription, Substance Use Disorder and Medication Assisted Treatment. This partnership brings virtual case conferencing on pain and addiction to primary care providers.

Excellus BCBS is also working with physicians to promote better care that follows recommendations from Choosing Wisely, an initiative of the American Board of Internal Medicine Foundation. The initiative's goals are to improve the quality of care and encourage physician- patient conversations about services that may be unnecessary and may cause harm.

And finally, in the cases where someone has lost a relative to opioid addiction, Excellus BCBS has helped to develop a support group for grieving family members.

Florida Blue

Florida Blue has implemented a comprehensive management program, following guidance from the Centers for Disease Control and Prevention, to address opioid use disorder in Florida. Focusing on safety first, known opioid best management practices were implemented which includes providing a host of services for providers and members. The company's programs include the use of

physician/member treatment agreements, analytics to identify "doctor shopping" and narcotic diversion, along with limiting day supply and ensuring appropriate utilization and dosing through medical coverage policies. In addition, Florida Blue requires both providers and pharmacies to utilize the state's Prescription Drug Monitoring Program (PDMP) before writing and dispensing opioid prescriptions.

The company retrospectively reviews controlled substance claims, consults with prescribers and members by phone about narcotic

use, refers members to pain and/or behavioral health specialists when appropriate, conducts regular pharmacy audits, provides prescribers with education and limits members to one prescriber and one pharmacy or pharmacy chain when appropriate. Florida Blue's program has yielded a reduction in controlled substance claims, and providers have reacted positively.

Health Care Service Corporation (HCSC)

HCSC, which operates Blue Cross and Blue Shield companies in Illinois, Montana, New Mexico, Oklahoma and Texas, applies a multi-pronged approach to manage controlled substances. HCSC's Controlled Drug Substance (CDS) program identifies opportunities to help improve member care by monitoring pharmacy claims data for the potential misuse of controlled substances. An informational letter is sent to the prescriber to help reassess the member's treatment regimen. The company's comprehensive Controlled Substance Integration (CSI) program is designed to identify patterns of atypical controlled substance usage and intervene in cases of suspected misuse, abuse, opportunities for care coordination, patient or provider management and/or education. The CSI Provider-Centric program reviews opioid prescribing patterns among certain prescribers and engages them in opportunities and provides resources to support their management of HCSC members.

HCSC also engages in collaborative efforts to manage fraud, waste and abuse (FWA). The Special Investigations Department (SID) provides fraud detection, investigation and prevention services that can include law enforcement and the pharmacy audit division. Comprehensive pharmacy audit and education programs further promote these collaborative FWA efforts. Utilization management and drug utilization review activities also allow for monitoring of potential drug therapy problems before dispensing.

Highmark, Inc.

Highmark Inc., which operates Blue Cross Blue Shield companies in Pennsylvania, West Virginia and Delaware, has taken a number of strategic measures to address the opioid epidemic. Highmark is working with providers to give them the resources and tools that support appropriate prescribing protocols. The quality improvement program uses claims data to help physicians better understand their patients' total prescription and medication use and gain insight into their own prescribing patterns. Another program aims to detect patients who might be addicted to opioid pain pills by limiting them to using only one pharmacy when filling prescriptions for controlled substances.

Other initiatives include the addition of pharmacists to its care management team to help members who have multiple health issues manage their prescription medications safely and effectively, and a \$75,000 contribution to provide naloxone to local law enforcement

officials across Pennsylvania to fight the opioid overdose epidemic. Additionally, the Highmark Foundation hosted a solutions-based forum to bring together thought leaders and industry experts in West Virginia to explore ways to reduce the impact of opioid use disorder and donated \$50,000 to assist police departments in western Pennsylvania with the purchase of naloxone kits to reduce the incidence of opioid overdoses. Highmark continues to work with state officials and other community stakeholders to tackle this public health crisis.

Horizon Blue Cross Blue Shield of New Jersey

In addition to traditional, member-focused opioid management programs, Horizon BCBSNJ has developed a risk identification opioid management program. This program is an educational, prescriber-centric intervention to encourage appropriate prescribing and the safe use of opioids.

The program identifies combinations of prescribers, patients and pharmacies at risk for misuse and suggests action steps, including checking the PDMP, lowering morphine equivalent dose and referring members to behavioral health case management. This program has collectively delivered comprehensive, fact-based and actionable risk reports to roughly 2,400 prescribers treating 72,000 patients. To date, results have achieved statistically significant reductions in key endpoints, such as overall risk scores, multiple prescribers, multiple pharmacies, and a reduction of Morphine- Equivalent Dose (MED) of 167.9. This program continues to evolve and leverages relationships with integrated health systems.

In addition, Horizon BCBSNJ is piloting the deployment of peer support specialists in ERs to engage members currently suffering from substance use disorder.

The Horizon Foundation for New Jersey sponsors the Partnership for a Drug-Free New Jersey Knock Out Opioid Abuse Town Hall Series. These meetings help shed light on opioid abuse prevention and awareness. They are based on the Surgeon General's recommendation to galvanize stakeholders to change attitudes on addiction and to ultimately reduce and prevent opioid abuse.

Independence Blue Cross

Independence addresses the crisis of prescription opioid use disorder on multiple fronts and believes that all stakeholders need to play a constructive role in finding thoughtful solutions. Independence has a strong focus on reducing inappropriate prescribing by:

- Implementing enhanced preauthorization requirements for high-potency opioid narcotics;
- Working with CMS to identify Medicare members trying to obtain prescriptions from multiple sources and reporting that information to prescribing physicians;
- Educating doctors directly and through the company's online provider resources on new opioid prescribing guidelines; and
- Conducting outreach to doctors who do not follow critical aspects of the Centers for Disease Control and Prevention's guidelines for non-cancer pain, alerting them to their outlier prescribing status.

Independence provides online tools that allow its members and the public to more easily access information on opioid safety, drug disposal and addiction resources. Independence has expanded prescription coverage of the overdose reversal drug Naloxone to include a nasal spray that produces a faster response and has donated \$50,000 to the District Attorneys Association of Pennsylvania for the purchase of Naloxone for law enforcement officers in Southeastern Pennsylvania.

In addition, the Independence Blue Cross Foundation's STOP (Supporting Treatment and Overdose Prevention) initiative increases awareness and access to effective community-based opioid treatment and prevention. STOP will expand outcome- and evidence-based programs and community resources, identify the barriers to treatment and prevention, and disseminate effective community-based strategies and education around this public health epidemic.

We are also one of the first health insurers in the nation to restrict most initial low-dose opioid prescriptions to no more than five days. This will reduce the risk for addiction as well as the amount of unused opioids in American homes. Independence is also now covering methadone treatment with no copays for in-network providers.