

On the Horizon Rx

A Humana Healthy Horizons
newsletter for pharmacy providers

Volume IV



Updates made to the 2025 Comprehensive Drug List

The South Carolina Department of Health and Human Services (SCDHHS) implemented a single, state-directed Comprehensive Drug List (CDL) on July 1, 2024, for all participating managed care organizations and the fee-for-service program, which falls under the state plan within Title XIX of the Social Security Act Medical Assistance Program (Medicaid). Existing members have until Dec. 31, 2024, to transition to the new drug list or obtain prior authorization on a prescription drug they are currently taking.

Effective Jan. 1, 2025, this transition period will be over, and members will be required to adhere to Humana Healthy Horizons® in South Carolina's CDL, which includes the preferred drugs selected by the South Carolina Pharmacy and Therapeutics Committee. These changes could mean that a prescription drug is no longer preferred or that it has new coverage rules. Negative changes to the CDL are posted at least 30 days before the effective date on the **Humana Healthy Horizons in South Carolina Provider Documents & Resources** webpage. Members are notified of negative changes at least 30 days before the effective date. You can view a **summary of CDL changes** for Humana Healthy Horizons on the website.

As a note, the South Carolina Pharmacy and Therapeutics Committee meets quarterly. All negative changes to the CDL will be made quarterly in 2025 to align with the SCDHHS Preferred Drug List.

Copayments

As of July 1, 2024, any medications included on the CDL do not have a copay.

Humana
Healthy Horizons®
in South Carolina

Healthy Connections 



Concurrent clinical safety alerts help pharmacies see potential risks before dispensing

As a part of our enterprise-wide opioid strategy, Humana Healthy Horizons implemented concurrent reviews or safety alerts at the point of service to help pharmacies identify and address potentially inappropriate or unsafe drug therapy before dispensing. Your patients may experience medication claim rejections at their pharmacy if impacted. For further details on Humana Healthy Horizons' point-of-sale safety updates, download the **latest Humana pharmacy point-of-sale safety edits**.



Updates made to the 2025 medication preauthorization and notification list

Humana's Pharmacy and Therapeutics Committee establishes and maintains the provider-administered drug preauthorization list (PAL). The committee met in August 2024 and approved additions to the PAL that will be effective Jan. 1, 2025. Members are notified of negative changes at least 30 days before the effective date. For the latest version of the PAL, you can visit **Humana's PAL website** and select "Humana Healthy Horizons in South Carolina (Medicaid) Preauthorization and Notification List" under the "Medicaid" tab or **download the PAL here**.

Brand-name drug	Generic drug	Billing code(s)
Cabenuva	cabotegravir/rilpivirine	J0741
Ellence	epirubicin	J9178
Ixinity	coagulation factor IX (recombinant)	J7213
Tezspire subcutaneous pen injector	tezepelumab-ekko	J2356
Venofer	iron sucrose	J1756



Retrospective drug utilization reviews help pharmacies safely dispense prescriptions

Humana Healthy Horizons' Retrospective Drug Utilization Review program supports you in the care of your patients through regular reviews of pharmacy claims data to help detect potentially adverse utilization patterns. You may receive subsequent intervention recommendations by direct mail or fax to alert you to important prescription drug safety issues for your patients. Examples of campaigns include:

- Asthma inhaled therapy: Providers of patients younger than 12 years old with an asthma diagnosis who may be receiving an inhaled corticosteroid without a short-acting bronchodilator may be notified.
- Concurrent opioid and gabapentinoid utilizers: Providers of patients with claims for concurrent opioid and high-dose gabapentinoid therapy (gabapentin dose more than 900 mg/day or pregabalin dose more than 450 mg/day) may be notified.



The power of continuous glucose monitoring

What are continuous glucose monitors?

A continuous glucose monitor (CGM) is a wearable device that provides real-time tracking of blood glucose levels throughout the day and night. CGMs consist of 3 main components: the sensor, transmitter and receiver. The sensor is inserted just beneath the skin in areas like the abdomen, upper buttocks or back of the arm to monitor glucose in the interstitial fluid. The transmitter is responsible for transferring the glucose levels from the sensor to a device where they can be viewed. The receiver displays real-time glucose levels and can issue alerts when there are upward or downward trends throughout the day. Additionally, many CGMs offer smartphone apps that can be downloaded for convenient data access. Dexcom® is a great example. The Dexcom Clarity app allows users to export and share reports with healthcare providers while the Dexcom Follow app allows them to share glucose data with up to 10 family members and friends.

CGM benefits

CGMs provide access to detailed information about glucose fluctuations. This allows users and providers to make better-informed decisions about diet, exercise and medication adjustments. The data collected through some CGM sensors is also available to share with healthcare providers remotely, which further aids in decision making. CGMs can alert users of low glucose levels and help reduce the occurrence of hypoglycemic events. In addition, CGMs eliminate the need for frequent finger sticks. This makes glucose monitoring less invasive and improves the user's quality of life. Dexcom and Freestyle Libre® monitors are both available at the pharmacy for Humana Healthy Horizons members.

Dexcom G6 vs G7

	Dexcom G6	Dexcom G7
Sensor duration	Up to 10 days	Up to 10 days
Size	Small sensor	Smaller, all-in-1 sensor and transmitter
Sensor warm-up time	2 hours	30 minutes
Grace period	None	12 hours
Pregnancy use	Not specified	Can be used during pregnancy
Wear locations	2 years old and older: abdomen 2-17 years old: upper buttocks	2 years old and older: back of upper arm 2-6 years old: upper buttocks
Water resistance	Waterproof up to 2.4 meters for 24 hours	Waterproof up to 2.4 meters for 24 hours
Compatible with insulin pumps	Yes	No
App	Dexcom G6 app for Android and iOS	Dexcom G7 app for Android and iOS

	Dexcom G6	Dexcom G7
Alerts	Customizable sound and volume	Customizable sound and volume
Backfill for missed readings	None	24- hour backfill
Data sharing	Follow app	Follow app
Viewing data	Clarity app	Clarity app



Human papillomavirus vaccines

Don't miss opportunities to prevent cancer:

Strong and consistent vaccine recommendations can improve uptake. The human papillomavirus (HPV) vaccine can be given as early as 9 years old and prevents 6 types of cancers in both men and women. The SCDHHS has recently extended coverage of HPV vaccines for adults 19–45 years old, which you can read more about at the website below:

- **Coverage of HPV Vaccine for Adults Ages 19-45 | SCDHHS**

Same Way Same Day

Providers should offer the HPV vaccine in the same way they offer other vaccines to improve compliance. For more information, please select the links below:

- **Practicing Conversations with HPV Vaccine: Same Way Same Day™ | American Academy of Pediatrics (AAP) - YouTube**
- **Talking to Parents about HPV Vaccine**

Get up to date regarding COVID-19 at-home testing, treatment and vaccine coverage

With the expiration of the American Rescue Plan Act of 2021 on Sept. 30, 2024, over-the-counter (OTC)

COVID-19 tests are no longer covered on the pharmacy benefit. Medicaid members in South Carolina who need a COVID-19 test can be tested by their physician in the office.

Humana Healthy Horizons members can continue to obtain their COVID-19 vaccine at any network pharmacy or provider's office. At this time, Humana Healthy Horizons does not prefer one vaccine product over another. Please encourage members (or their guardians) 6 months old and older to get vaccinated. While cases of myocarditis and pericarditis in adolescents and young adults have been reported more often after getting the second dose than after the first dose of the Pfizer-BioNTech and Moderna vaccines, these reports are rare. Furthermore, the known and potential benefits of vaccination outweigh the known and potential risks. You can locate more information and learn how to report adverse events at the Centers for Disease Control and Prevention's **COVID-19 vaccine safety webpage**.

COVID-19 treatments and vaccines will continue to be covered with no copay for enrolled individuals.



Diagnosis requirements for glucagon-like peptide-1 receptor agonists

Effective April 28, 2024, Humana required pharmacies to enter a diagnosis code for a medically accepted indication supplied by the provider when processing a prescription claim for a glucagon-like peptide-1

(GLP-1) receptor agonist for Humana-covered patients. Please include the diagnosis on the GLP-1 prescription to minimize delays in dispensing the medication.

Effective Jan. 1, 2025, Humana will now require a prior authorization request for all patients who require a prescription for GLP-1 receptor agonists. Notifications will be mailed out and posted on our website at least 30 days prior to implementation. Please submit these prior authorization requests promptly so that there is not a delay in care for your member.

GLP-1 receptor agonists currently approved by the U.S. Food and Drug Administration (FDA) for type 2 diabetes mellitus treatment as an adjunct to diet and exercise include: (* indicates preferred)

- Adlyxin® (lixisenatide)
- Bydureon® (exenatide)
- Byetta® (exenatide)
- Mounjaro® (tirzepatide)
- Ozempic®* (semaglutide)
- Rybelsus® (semaglutide)
- Trulicity®* (dulaglutide)
- Victoza®* (liraglutide)

Providers with questions regarding this change or submitting a prior authorization request can call **800-555-CLIN (2546)**, Monday – Friday, 8 a.m. – 8 p.m., Eastern time. Providers in Puerto Rico should call **866-488-5991**, Monday – Friday, 9 a.m. – 9 p.m., Atlantic time.

Please see the table below for a list of common International Classification of Diseases, 10th Revision (ICD-10) codes corresponding to the conditions outlined in this communication.

Condition	Common ICD-10* code ^{1,2}
Type 2-diabetes mellitus and other diabetes mellitus conditions	E08.xx, E09.xx, E11.xx, E13.xx,

* ICD-10 code list is not comprehensive. The coding information in this document is subject to changing requirements and should not be relied upon as official coding or legal advice. All coding should be considered on a case-by-case basis and supported by medical necessity and appropriate documentation in medical record.



Medication adherence

Medication is the most frequent treatment intervention, but the rate of success depends upon a patient's adherence to the treatment. Reasons for nonadherence are complex and ideally should be assessed at each visit. By keeping the lines of communication open with patients, providers can tailor patient counseling based on the identified patient-specific causes and reasons for nonadherence. Additionally, assessing the patient's health literacy helps to improve medication adherence when self-efficacy is the goal. Limited literacy is associated with reduced adherence to medication, higher risk of complications and a

higher mortality rate. The better a patient understands and is able to use information to inform their health decisions, the more likely they are to act in a positive manner when making health-related decisions.

Specific Healthcare Effectiveness Data and Information Set (HEDIS®) quality measures evaluate the percentage of patients who fill their prescriptions to cover 80% or more of the time they are supposed to be taking the medication. This is the level above which the medication has a reasonable likelihood of achieving the most clinical benefit. Included in these measures are medications for hypertension, diabetes, cholesterol and behavioral health.

Here are some FAQs in reference to how medication adherence measures are measured:

1. How is medication adherence calculated?

The metric called proportion of days covered (PDC) is used to determine adherence. PDC is calculated by dividing the days of medication coverage by the number of days in the measurement period. The specific number of days included in the measurement period is determined based on the start date of the medication.

2. When does the medication adherence measurement period begin?

Medication adherence performance is calculated from Jan. 1 through Dec. 31 of the measurement year and depends on when the member first has active coverage.

3. How will the 80% medication adherence threshold be calculated?

Paid, nonreversed prescription claims submitted through the member's benefit are included in the data set to calculate the 80% medication adherence rate. Therefore, no reporting is required by physicians.

For behavioral health medications dispensed after hospital or emergency department discharge, it is critical for patients to follow up with their providers within 7 days or as soon as possible. Provider-led education regarding follow-up can dramatically improve patient medication adherence, reduce readmissions and improve outcomes.

You can support Humana's quality improvement efforts by asking your patients open-ended questions about their medication habits at a literacy level they can understand:

- What side effects are you having with your medications (if any)?
- Do you have a problem obtaining your medication, such as transportation or financial issues?
- How many doses have you missed?
- What concerns do you have about refilling your prescriptions?
- Do you understand why you are taking these medications? Do you have any concerns about the medication?



For assessment tools, visit the website below:

Personal Health Literacy Measurement Tools | Agency for Healthcare Research and Quality



OTC health and wellness

Humana Healthy Horizons members are given a \$30 quarterly allowance to use toward OTC health and wellness items. These items include pain relievers, diaper rash cream, sunscreen, cough and cold relief medicine, and first aid equipment that does not require a prescription. The OTC products will be sent through the mail by CenterWell Pharmacy® using UPS or the United States Postal Service within 10–14 working days after the order is placed. There is no shipping charge for members.

Humana Healthy Horizons members can contact CenterWell Pharmacy at **855-211-8370** for questions about placing an order. This line is available Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m., Eastern time.



Improve care and reduce costs through Humana Healthy Horizons' specialty medication programs

Humana Healthy Horizons has several pharmacy programs that promote high-quality care and decrease costs of specialty medications for our members. Our multidisciplinary task force influences specialty medication utilization for rare diseases via a thorough case review. The goal is to improve patient outcomes during therapy while mitigating cost. Another strategy we use is our Smart Maintenance Dosing program. This is a point-of-sale edit for specialty medications with a higher loading dose and lower maintenance dose. The claim will reject if dosing is in excess of the recommended maintenance dose once the loading dose is fulfilled.



Prescribe covered drugs quickly with our Common CDL quick reference

The pharmacy team develops and maintains a reference document called the Common CDL. This quick reference was developed for both providers and our internal care teams to outline the most prescribed medications along with less expensive alternatives for our Medicaid population. The Common CDL is updated as needed to align with Humana's CDL changes.



Look for general pharmacy news on our pharmacy news website

Find pharmacy-related safety alerts, drug recalls, new generic drug announcements and other medication information on the pharmacy news webpage.

References:

1. ICD-10-CM created by the National Center for Health Statistics under authorization by the World Health Organization (WHO). WHO is the copyright holder.
2. The American Academy of Professional Coders