

Fighting an Epidemic Together

Combating Opioid Misuse And Abuse In Tennessee

It's impossible to measure the pain and heartbreak Tennessee families have endured because of prescription drug misuse and abuse. Knowing that so many Tennesseans could be at risk, we at BlueCross BlueShield of Tennessee have a responsibility to seek and promote solutions to this health crisis.

SUPPORTING PREVENTION AND RECOVERY THROUGH COMMUNITY PARTNERSHIPS

The BlueCross BlueShield of Tennessee Health Foundation has a long history of funding community programs to combat opioid misuse.

2013

\$400,000 to Helen Ross McNabb Foundation in Sevierville, Chattanooga and surrounding areas

Two-year grant of **\$290,000** to Mothers & Infants Sober Together (MIST)

2014

\$1 million grant to build a Neonatal Abstinence Syndrome (NAS) treatment unit at East Tennessee Children's Hospital in Knoxville

2015

\$400,000 to Dayspring Family Health Center in Jellico to support its fight against Neonatal Abstinence Syndrome (NAS)

\$75,000 to Make a Difference, Inc. in Memphis to assist individuals with chemical dependency issues

\$100,000 grant to support The Next Door in Nashville and Chattanooga, which helps women battling addiction

2016

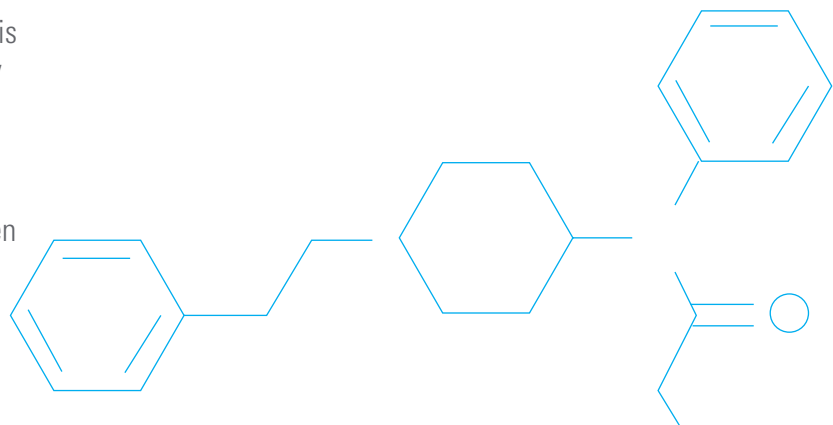
\$100,000 grant to Susannah's House in Knoxville to provide an outpatient and drug treatment program for mothers in recovery

\$2.6 million to date to help the Count It! Lock It! Drop It! campaign combat opioid misuse

2017

\$215,000 to purchase naloxone for Tennessee law enforcement agencies and \$35,000 for Law Enforcement Innovation Center (LEIC) Narcan training

\$125,000 to House of Refuge in Chattanooga to support its rehabilitation program



EDUCATING PROVIDERS AND UPDATING OUR POLICIES TO PROTECT MEMBERS

As a health plan serving 3.5 million members, we know many of our fellow Tennesseans are struggling with short-term or chronic pain management needs. We have a duty to balance access to appropriate care with a need to mitigate the crisis of misuse and abuse.



FORMULARY

- Expanded and modified quantity limits based on Morphine Equivalent Dosage (MEqD)
- Prior authorization required for all patients receiving long-acting opioids
- Continued coverage for abuse deterrents and medication-assisted treatments

RESULTS

- Completed nearly 18,000 prior authorization and quantity limit requests
- 6% reduction in opioid claims – meaning 12 million fewer pills in the hands of Tennesseans
- 10% reduction in average MEqD



PATIENT SUPPORT

- Integrated medical and behavioral health approach to case management for at-risk members
- Specialized approach for expectant mothers with opioid dependence
- Collaborative program with state agencies for infants born with neonatal abstinence syndrome



PRESCRIBER SUPPORT

- Partnerships to promote best practices in prescribing
- Scorecards for evaluation of a provider's opioid-prescribing patterns compared to peers
- Guidance and consultation on treatment plans and clinical pathways
- Notification of patients at high risk for potential abuse
- Education and training for emerging prescribers
- Data-driven identification and removal of providers whose prescribing patterns consistently diverge from best practices



LOOKING AHEAD FOR 2018

- Potential reductions in quantity limits for members with pharmacy benefits
- Targeted outreach efforts for newer members
- Educating members with chronic conditions who are at high risk for opioid misuse
- Outreach to providers
- Continued community and government partnerships

Read the real-life stories of people affected by opioid addiction and learn how BlueCross BlueShield of Tennessee is helping to fight the epidemic at www.bettertennessee.com/tag/addiction.