



Benescripts

The University of Toledo Employee Prescription Benefit Newsletter

Introducing Your New Pharmacy Benefits Manager – SXC

July 2008 Main campus and January 2009 Health Science Campus

New Prescription Benefit Card

All members of the Main Campus benefit plan should have received a new prescription identification card in the mail at their home address in June 2008. Health Science Campus employees should receive theirs in December 2008. If you did not receive a new prescription drug ID card by those dates please contact SXC at 800.325.1810.

Formulary Changes

Since the University switched to a new Prescription Benefit Manager, there have been some minor changes in the drug formulary. You will be receiving a welcome packet from SXC with detailed information on how to access the current drug formulary. Main Campus converted to using SXC July, 2008, while HSC will begin on Jan. 1, 2009. Please take the new formulary (which is subject to change) with you when you visit your provider

so that you can discuss your best choices for medication therapy.

Free Diabetic Supplies

Starting with the implementation of SXC your new prescription benefit manager will offer diabetic supplies and glucose monitors at zero co-pay when purchased through the UT Outpatient Pharmacies. Glucose monitors are limited to one per year for each plan member. Please feel free to discuss all of your diabetic needs with our friendly pharmacy staff.

Easy Ways to Reduce Your Prescription Drug Costs

Generic Drugs are required by law to have the same active ingredients, dosage form, and strength as their brand-name equivalents, but they generally cost much less. The next time you receive a prescription, you are encouraged to ask your doctor or pharmacist whether or not a generic alternative is available and if it would be appropriate for you.

Five New Generic Medications

- Ramipril: a generic version of Altace® used for hypertension, kidney protection, prevention of heart attack and stroke.

- Alendronate: a generic version of Fosamax® used for the treatment of osteoporosis.
- Cetirizine: a generic version of over the counter Zyrtec® for treating seasonal allergies.
- Carvedilol: a generic version of Coreg® used for hypertension and heart failure.
- Ropinirole: a generic for Requip used for the treatment of Parkinson's disease.



Frequently Asked Questions

Why did The University of Toledo switch prescription drug vendors?

In order to manage health care costs, the University contracted with SXC under substantially similar terms to the previous pharmacy benefit management service. SXC Health Solutions Corp. is redefining pharmacy benefit management by providing a broad range of pharmacy management services. SXC is the leader in delivering an innovative mix of prescription benefit services, market expertise, information technology, clinical expertise, and specialty pharmacy.

Is there a change to the prescription drug co-pay/coinsurance structure in 2008?

The prescription drug co-pay/coinsurance structure will remain unchanged for 2008. You may view the current benefit on The University of Toledo's Human Resources (UT's HR) Web site. Your prescription drug co-pay/co-insurance structure may change January 1, 2009 based on your union contract agreements.

Will the plan's formulary listing change with the transfer to SXC?

Beginning January 1, 2009 The University of Toledo prescription drug benefit will be administered and maintained by SXC. This formulary change will be applicable for employees of both campuses. Please refer to the online SXC 2009 formulary to determine the Tier of your current medications. If you are affected by a change, you may want to consult with your provider to discuss a therapeutic alternative. Any changes made will be updated and available online at utoledo.edu/depts/hr/main/benefits/prescription.

Will I still be able to use my network retail pharmacy?

Although you may still use your retail pharmacy, you can only receive a discounted 90-day supply by using one of The University of Toledo outpatient pharmacies.

Where can I find a Prescription Drug Formulary list for the university's medical plans?

A full formulary listing can be found online on UT's HR Web site showing formulary status for your medications. Also for your convenience, each pharmacy will have a full list of all formulary medications posted.

Where can I find the cost of my prescription and whether it is generic, formulary or non-formulary?

Information can be accessed by visiting the SXC Web site at utr.xportal.sxc.com. When on the SXC web portal, click on the link that says, "What's my Co-pay," to find the cost of your prescription.

What options are available for lowering and/or containing my medication costs?

There are several options available:

- Talk with your pharmacist/physician about generic and formulary brand name drug alternatives to determine if a less expensive alternate is available.
- Talk to your pharmacist/provider about less expensive therapeutic equivalent medications.



- If you are taking a cholesterol lowering medication you have an opportunity to save money by joining the pill splitting program

Where can I obtain additional information?

- Talk to your friendly staff at either outpatient pharmacy

myUTPharmacy

Monday-Friday,
7:30 a.m.-6:00 p.m.
Saturday 9:00 a.m. to 1:00 p.m.

UTMC Outpatient Pharmacy

Monday-Friday
9:00 a.m.-6:00 p.m.
419.383.3750

- Call SXC at 1.800.325.1810 to speak to a customer service representative
- University of Toledo Human Resources Web site



What's New: Half-Tablet Statins

by Chris Jaroscak, Pharm D Candidate

Beginning September 2008, The University of Toledo implemented a pill-splitting opportunity for employees who are currently taking cholesterol lowering medications. This type of program has been proven successful by both the University of Michigan and VA clinics nation-wide. Studies such as the STELLAR¹ and CURVES² trials have shown that higher doses of generic simvastatin will achieve the same benefit as other brand name statins such as Lipitor and Crestor. Experts have also noticed certain trends in the acquisition costs of these cholesterol lowering agents. Ultimately, you can save money by having your physician double your strength of Lipitor or Crestor. Your physician will order for you to take half of a tablet of this higher strength medication.



1. Jones PH, Davidson MH, Stein EA, et al. Comparison of the efficacy and safety of rosuvastatin versus atorvastatin, simvastatin, and pravastatin across doses (STELLAR^{*} Trial). *Am J Cardiol* 2003;92:152-60.
2. Jones PH, Kafonek S, Laurora I, et al. Comparitive dose efficacy study of atorvastatin versus simvastatin, pravastatin, lovastatin, and fluvastatin in patients with percholesterolemia (The CURVES Study). *Am J Cardiol* 1998;81:582-7.

Remember...

This program is completely voluntary. If you choose to participate, you have the opportunity of receiving a 90 day supply of simvastatin at no charge. If you wish to continue taking Crestor or Lipitor, you may also have the opportunity of acquiring these medications at a lower co-pay if you agree to split your tablets in half. Please check with your UT pharmacist to determine your eligibility based on plan benefit.

Keep in Mind...

According to the STELLAR and CURVES trials, there is no simvastatin dose equivalent to either Lipitor 80mg or Crestor 40mg. Unfortunately, these strengths are excluded from the program.

Managing Cholesterol

High cholesterol is a major risk factor for coronary heart disease. A predisposition based on family history and a diet high in fat have been shown to contribute to elevated cholesterol levels.

Activity

You don't need to join a gym! Increased activity just five days a week for at least a half hour can make a difference. Anything from walking to aerobic exercise will help manage your cholesterol.

What are my goals?

Total Cholesterol	<200mg/dL
LDL (bad) Cholesterol	<100mg/dL <70mg/dL (if at high risk)
HDL (good) Cholesterol	>40mg/dL
Triglycerides	<150mg/dL

Healthy Food Choices

Eat foods low in saturated fat and high in fiber such as fruits, vegetables, beans, whole grains, olive oil, canola oil, fish, and non-fat milk products. Limit or avoid meat, eggs and whole milk products.



Proper Disposal of Medications



Recent reports revealed that small amounts of numerous prescription and OTC medications have been found in the drinking water supply of millions of Americans. One of the ways that medications get into the water supply is by being discarded down the toilet or into drains. This is no longer a preferred method of disposal.

Ways to properly dispose of medications:

- Don't flush unused medications, unless you are specifically instructed to do so.
- Crush solid medications and dissolve them in water. Dilute liquid medications in water.

Then, mix the solution with a material that will not attract a child or pet such as used coffee grounds or saw dust and put them in a non-descript container.

- Ask for more tips on how to properly dispose of medications at your UT outpatient pharmacies.
- Check to see if your city or town has a collection program for unused medications.



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