



# OptumRx Opioid Risk Management is helping curb the opioid epidemic.

## Significant results

Opioid abuse is a complex national health care crisis. The OptumRx® Opioid Risk Management program confronts all aspects of the opioid epidemic by engaging members, prescribers and pharmacies across the entire care continuum. Our philosophy is simple, but effective. We take a multidimensional approach designed to stop opioid abuse before it starts, while supporting people with an opioid disorder and their recovery.

### The numbers are impressive



45% of all first-fill opioid prescriptions are **non-compliant** with CDC guidelines.<sup>1</sup>

### Better compliance with CDC guidelines:<sup>2</sup>

**95%**

compliance for first fill opioid prescriptions **<50 mg MED** per day

**96%**

compliance for opioid prescriptions dosed **<90 mg MED** among chronic users

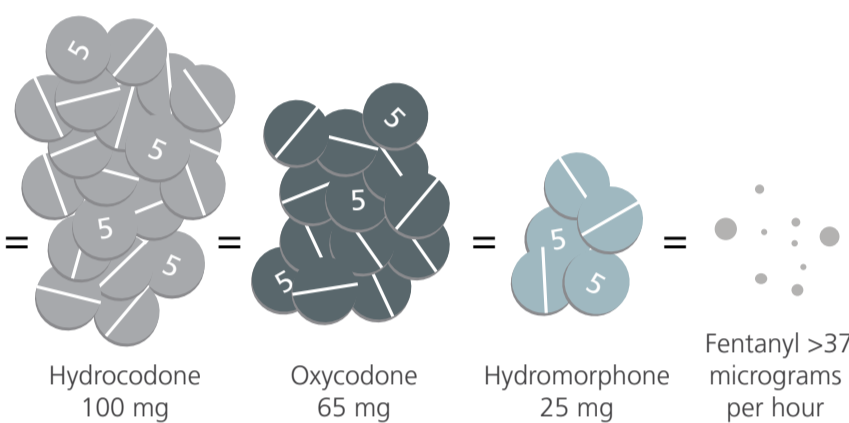
**95%**

compliance for first fill opioid prescriptions **≤ seven days supply**

### Why it matters

One of the most important tools in the fight against opioid abuse is **morphine equivalent dose (MED)**. It compares different opioid medications by using morphine as a standard unit of measurement and is often used as a gauge of the abuse and overdose potential of the amount of opioid that is being given at a particular time.<sup>3</sup>

#### Common opioids and their 100 mg morphine equivalent dose:



Fentanyl is up to **100 times** more potent than morphine. **Three** milligrams of fentanyl is enough to kill an average-sized adult male.<sup>4</sup>

**We have aligned our utilization management edits to the new CDC guidelines** to minimize our members' exposure to the risks associated with misuse, abuse and addiction.



≥ 50 mg/day

New CDC guidelines advise caution when prescribing ≥50 morphine milligram equivalents for patients new to therapy, as well as more than seven days supply.<sup>3</sup>

Doctors are also urged to minimize dose escalation once patients are on these medications and avoid increasing dosage ≥90 MED for pain management.<sup>3</sup>

Supply limits are critical. Opioid dependency can start in as little as three days, so tailoring the dosing and duration for those new to therapy helps ensure limited exposure and alignment with CDC guidelines. So we have matched our claims edits to CDC recommendations that **clinicians rarely prescribe opioids for more than seven days** for those new to therapy.



≥ 90 mg/day



Overall, our evidence-based utilization management protocols have helped to reduce the **total supply of opioids by 19%.**<sup>2</sup>

### What makes this solution so effective

OptumRx Opioid Risk Management confronts the opioid epidemic with five key strategies that extend far beyond traditional, standalone pharmacy benefit organizations.

## 5 opioid risk management strategies

- 1 Prevention and education
- 2 Minimizing early exposure
- 3 Reducing inappropriate supply
- 4 Treating at-risk and high-risk members
- 5 Supporting chronic populations and recovery

### The bottom line

These results demonstrate that OptumRx can make a meaningful contribution to curtailing the opioid epidemic in America. Our end-to-end solution extend across the entire spectrum of patient treatment, and can provide better health outcomes for patients and for society as a whole.

Learn more about OptumRx Opioid Risk Management

#### About OptumRx

OptumRx is a pharmacy care services company helping clients and more than 65 million members achieve better health outcomes and lower overall costs through innovative prescription drug benefits services, including network claims processing, clinical programs, formulary management and specialty pharmacy care. OptumRx is part of Optum®, a leading information and technology-enabled health services business dedicated to making the health system work better for everyone. For more information, visit [optum.com/optumrx](http://optum.com/optumrx).

#### References

1. OptumLabs: CY 2016 Commercial Managed Care Medical and Pharmacy Claims Data.
2. Results are based on June 2017 vs. December 2017 client data and short-acting opioid script volume and do not represent a guarantee of results.
3. Centers for Disease Control and Prevention. CDC Guideline for Prescribing Opioids for Chronic Pain (PDF). Accessed at: [https://www.cdc.gov/drugoverdose/pdf/guidelines\\_at-a-glance-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_at-a-glance-a.pdf) on August 24, 2017.
4. Centers for Disease Control and Prevention. What is Fentanyl? August 29, 2017.



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