

Pharmacy Benefit Dimensions®

An Independent Health  company

PHARMACY BENEFITS NEWSLETTER • VOLUME 12, ISSUE 1

WINTER 2016

How to better manage and control Type 2 diabetes

Recent estimates project that as many as one in three American adults will have diabetes in 2050. The most prevalent form of the disease, Type 2, can lead to additional problems – heart disease, stroke, nerve damage and kidney or eye problems – if left untreated. Although diabetes cannot be cured, it can be controlled with proper management.

Diabetes basics

There are two types of diabetes. Type 1 diabetes, formerly referred to as juvenile diabetes since it is often diagnosed in children and young adults, occurs when the body does not produce insulin, the hormone that the body needs to get glucose (sugar) from the bloodstream into the cells of the body. Type 2, the most common form, occurs when the body does not use insulin properly.

Common symptoms include frequent urination, extreme exhaustion, and extreme thirst and hunger, despite eating and drinking. Some may also experience blurred vision or cuts and bruises that are slow to heal, while others may have symptoms so mild they go unnoticed.

Controlling diabetes

To manage your diabetes, speak with your health care provider about a plan to prevent some of the early complications of the disease, including monitoring your A1c (average blood glucose) 2 – 4 times per year, and conducting blood sugar testing at home as directed by your doctor. You should also have a yearly fasting cholesterol test, and have your blood pressure monitored at every visit to your health care provider.

Healthy eating and physical activity are key to managing diabetes. Remember to choose foods low in saturated fats, increase your fiber intake, lower your portion sizes and be aware of the carbohydrates in your foods. Regular physical activity, including aerobic exercise and strength training, can help lower blood glucose, blood pressure and cholesterol in addition to keeping your joints flexible and strengthening your heart.

Many individuals with Type 2 diabetes can control their blood glucose with healthy eating and being active. Some may require oral medications or insulin prescribed by a health care provider in order to help meet their target blood glucose levels. Some of the most common oral medications prescribed for those with Type 2 diabetes are metformin, glimepiride, glyburide and glipizide. Type 2 diabetes is a progressive disease, meaning even if you don't need medication at first, you may need to over time.

Remember, while diabetes is a common disease, every individual needs unique care. If you have diabetes, it's important to learn as much as you can about managing your disease and making healthy lifestyle choices. As always, if you have any medical concerns, speak to your healthcare provider about your best treatment options.

New mail-order pharmacy now available to you

Pharmacy Benefit Dimensions is pleased to announce that we are now offering ProAct Pharmacy Services as a mail-order option for all members. Through this partnership, ProAct will offer you the ease and convenience of requesting online refills and enrolling in autofill for your mail-order prescriptions.

In addition to ProAct Pharmacy Services, you will still have the option to obtain your medications from Wegmans Mail Order Pharmacy Services or most retail pharmacies that participate in our pharmacy network.

For more information, including links to our mail-order providers and printable forms, please visit www.pbdrx.com and click on "Mail Order" from the main page.

Please direct questions or comments you have about the Pharmacy Benefit Dimensions newsletter to:

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Important reminders for epinephrine auto injector users

If you or your child carry an epinephrine auto injector, it's important to regularly check the product's expiration date since medication effectiveness can decrease with the expiration of active ingredients. Dates can be found directly on the barrel of the EpiPen® or etched on the back (near the top) of your Auvi-Q™ (for example: OCT 14 = October 31, 2014). If your injector has passed its expiration date, please speak to your medical provider to request a replacement. Also, exposure to extreme temperatures can also affect active ingredients, so it is important not to store your injector in your car or truck for an extended period of time.

Please note: Sanofi US has voluntarily recalled all **Auvi Q®** (epinephrine injection, USP), including both the 0.15 mg and 0.3 mg strengths. Products with lot numbers 2081278 through 3037230, which expire October 2015 through December 2016, have been found to potentially have inaccurate dosage delivery. Customers with questions about the voluntary recall, including how to return the product, can visit www.auvi-q.com or call **1-866-726-6340**.

It's not too late to get a flu shot

Cold and flu season is in full swing and is not slated to let up until well into the new year. The timing of flu is very unpredictable and can vary in different parts of the country and from season to season, with flu activity continuing as late as May. So if you haven't already, it's not too late to receive your vaccination.

Anyone older than 6 months is recommended for flu vaccination with rare exception. It is especially important for people in high-risk groups to get a shot, including adults ages 65 and older, nursing home residents, women who are or may be pregnant during flu season and people who take care of at-risk populations.

Since the virus changes from year to year, it is important to get an annual flu shot. The Centers for Disease Control and Prevention announced that this season's vaccines have been updated to better match circulating viruses, meaning it is expected to be more effective than last year's at fending off the most prevalent flu strains. The annual vaccination includes the most commonly anticipated influenza viruses for the upcoming flu season. Your primary care doctor normally has a supply of the flu vaccine, but you can also get your flu shot at drugstores, community centers, your place of employment and supermarkets.

Getting your vaccination at the pharmacy

Pharmacy Benefit Dimensions contracts with more than 60,000 pharmacies across the country, including major pharmacy chains such as Rite Aid, Walgreens and CVS. Flu shots are administered at almost all major chains, as well as many independent pharmacies. Please remember to bring your Pharmacy Benefit Dimensions member ID card if receiving a vaccine at your local pharmacy.

Looking for the pharmacy closest to you? Use our "Find a Pharmacy" tool online at www.pbdrx.com to search by pharmacy name or location.

In addition to getting a seasonal flu vaccine, or if you have not already been vaccinated, it's important to take preventive actions such as limited exposure to others who are ill and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading it to others. If you have questions regarding the flu vaccine or believe you may have the flu, contact your health care provider.

New generic medications now available

Generic medications are safe and effective, lower-cost alternatives to brand-name drugs. For your reference, here are some brand-name medications that recently have had a new generic alternative released to the marketplace.

Brand Name	Generic Name	Category
Antralin gel	<i>tretinoin gel 0.05%</i>	Dermatologicals
Atelvia	<i>risedronate</i>	Endocrine and metabolic agents
Avodart	<i>dutasteride</i>	Genitourinary Agents
Axert	<i>almotriptan</i>	Migraine products
Fazaclo	<i>clozapine ODT</i>	Antipsychotics/antimanic agents
Invega ER	<i>paliperidone ER</i>	Antipsychotics/Antimanic agents
Lotronex	<i>alosetron</i>	Gastrointestinal agents
Namenda	<i>Memantadine solution</i>	Miscellaneous Psychotherapeutic and Neurologic Agents
Pranidmet	<i>repaglinide/metformin</i>	Endocrine and Metabolic Agents
Pristiq	<i>Desvenlafaxine</i>	Antidepressants
Surmontil	<i>trimipramine</i>	Antidepressants
Zyvox	<i>linezolid</i>	Anti-infective agents

If you have any questions about generic medications, please speak to your doctor or pharmacist.