

As of August 1, 2011, members who need medication assisted treatment (MAT) for chemical dependency will have new prior authorization requirements for prescription drugs. This requirement is for members who are challenged with chemical dependency to narcotic-containing pain medication (e.g. hydrocodone and oxycodone) and/or alcohol. This program safely and effectively manages medicine(s) used for sobriety. The program includes a doctorate-level pharmacist review and care management to support member participation in therapy and community programs such as Alcoholics Anonymous and Narcotics Anonymous.

Research shows treating chemical dependency is more successful when medicine and behavioral therapies are combined. The new prior authorization requirements will help members get the most appropriate level of care.

The following guidelines highlight the new treatment requirements:

- BlueCross BlueShield of Tennessee Pharmacy Management will conduct ongoing reviews of the member's program treatment medicine(s) and all other pharmaceutical agents/drugs used
- A behavioral care manager will assist and monitor the member during the program, as well as:
 - Establish a treatment plan
 - Confirm the member gets adequate psychotherapy and counseling
 - Make sure the member is involved with group support with an appropriate level group (i.e., Alcoholics Anonymous and/or Narcotics Anonymous)
 - Contact the doctor when appropriate
 - Help the member comply with the treatment program. *Non-compliance may result in the loss of the member's pharmacy benefit for treatment medications.*

This pharmacy management program applies only to members whose prescription drug coverage is provided by BlueCross BlueShield of Tennessee.