

## PREFERRED DRUG LIST UPDATES

### Integrated (Title 19/21 SMI) and ACC, DD and ALTCS

#### **Additions:**

- *Levonorgest-Eth Estrad 91-Day TABLET 0.15-0.03 & 0.01 MG*
- *Norethin Ace-Eth Estrad-FE Tablet 1-20 MG-MCG(24)*
- *Benzoyl Peroxide 6% Cleanser*
- *Clind Ph-Benzoyl Perox 1.2-5%*
- *Detrol 1 MG & 2 MG Tablet*
- *Detrol LA 2 MG & 4 MG Capsule*
- *Esomeprazole DR 10 Mg, 20 Mg & 40 Mg Packet (Age Limit)*
- *Esomeprazole Mag DR 40 Mg Cap*
- *Fish Oil EC 1,000 Mg Softgel*
- *Krill Oil 300 Mg Softgel*
- *Kyleena 19.5 Mg System*
- *Norethin Ace-Eth Estrad-FE Tablet Chewable 1-20 MG-MCG(24)*
- *Mirena 52 Mg System*
- *Nadolol 20Mg Tablet (Age Limit)*
- *Nadolol 40 Mg & 80 Mg Tablet(Age Limit)*
- *Nuvaring Vaginal Ring*
- *Plan B One-Step Tablet 1.5mg*
- *Pantoprazole Sodium Packet 40 MG Oral (Age Limit)*
- *Protonix 40 Mg Suspension (Age Limit)*
- *Retacrit Inj 20000uni (Prior Authorization Required)*
- *Retin-A 0.025% Cream*
- *Retin-A 0.05% Cream*
- *Retin-A 0.1% Cream*
- *Retin-A 0.025% Gel*
- *Retin-A 0.01% Gel*
- *Rufinamide Sus 40mg/ml (Prior Authorization Required)*
- *Skyla 13.5 Mg System*
- *SM Omega 3-6-9 Softgel*
- *Toviaz ER 4 Mg & 8 Mg Tablet*

#### **Removals:**

- *Adapalene 0.1% Cream*
- *Amantadine 100 Mg Tablet*
- *Carbidopa 25 Mg Tablet*
- *Carbidopa-Levo 25-100 Mg ODT*
- *Carbidopa-Levo 25-250 Mg ODT*
- *Carbidopa-Levodopa 100 Mg-Enta*
- *Carbidopa-Levodopa 125 Mg-Enta*
- *Carbidopa-Levodopa 150 Mg-Enta*
- *Carbidopa-Levodopa 200 Mg-Enta*
- *Carbidopa-Levodopa 50 Mg-Enta*
- *Carbidopa-Levodopa 75 Mg-Enta*
- *Ciclopirox 0.77% Topical Susp*
- *Colestipol HCl Granules*
- *Colestipol HCl Granules Packet*
- *Ella 30 Mg Tablet*
- *Erythromycin 2% Pads*
- *Erythromycin 2% Gel*
- *Etonogestrel-Ethinyl Estradiol Ring 0.12-0.015 MG/24HR Vaginal*
- *Flavoxate HCl 100 Mg Tablet*
- *Fluvastatin ER 80 Mg Tablet*
- *Fluvastatin Sodium 20 Mg & 40 Mg Cap*
- *Niacin 500 Mg Tablet*
- *Omeprazole Dr 20 Mg Tablet*
- *Omeprazole Mag Dr 20.6 Mg Cap*
- *Banzel Sus 40mg/ml*
- *Selegiline HCl 5 Mg Capsule*
- *Selegiline HCl 5 Mg Tablet*
- *Sod Sulfacetamide 10% Shampoo*
- *Sodium Sulfacetamide 10% Wash*
- *Solifenacin 10 Mg Tablet*
- *Solifenacin 5 Mg Tablet*
- *Sulfacetamide Sod 10% Top Susp*
- *Tazarotene 0.1% Cream*
- *Tolterodine Tartrate Tablet 1 MG Oral*
- *Tolterodine Tartrate Tablet 2 MG Oral*
- *Tolterodine Tartrate ER Capsule Extended Release 24 Hour 2 MG Oral*
- *Tolterodine Tartrate ER Capsule Extended Release 24 Hour 4 MG Oral*
- *Tretinoin Cream 0.025 %*
- *Tretinoin Cream 0.05 %*

- Tretinoin Cream 0.1 %
- Tretinoin Gel 0.01 %
- Tretinoin Gel 0.025 %
- Trospium Chloride 20 Mg Tablet
- Trospium Chloride ER 60 Mg Cap
- Verapamil ER PM 100 Mg, 200 Mg & 300 Mg Capsule

#### **Other Updates**

- Detrol 1 Mg & 2 Mg Tablet (Removed Step Therapy)
- Detrol LA 2 Mg & 4 Mg Capsule (Removed Step Therapy)
- Ezetimibe 10 Mg Tablet (Removed Step Therapy)
- Lansoprazole ODT 15 Mg & 30 Mg Tablet (Removed Prior Authorization, Added Age Limit)
- Montelukast Sod 4 Mg Granules (Updated Age Limit)
- Retin-A 0.01% Gel (Removed Step Therapy)
- Retin-A 0.025% Cream (Removed Step Therapy)
- Retin-A 0.025% Gel (Removed Step Therapy)
- Retin-A 0.05% Cream (Removed Step Therapy)
- Retin-A 0.1% Cream (Removed Step Therapy)
- Rosuvastatin Calcium 5 Mg, 10 Mg, 20 Mg & 40 Mg Tab (Removed Step Therapy)
- Sevelamer Carbonate 800 Mg Tab (Removed Prior Authorization)

#### **Behavioral Health (Title 19/21 Non-SMI & Non-Title 19/21)**

##### **Additions:**

- Fish Oil EC 1,000 Mg Softgel
- Krill Oil 300 Mg Softgel
- SM Omega 3-6-9 Softgel

##### **Removals:**

- Amantadine 100 Mg Tablet
- Selegiline HCl 5 Mg Capsule
- Selegiline HCl 5 Mg Tablet

\*\* Drugs that are not on the formulary may be available via PA (prior authorization) \*\*

- For the complete preferred drug lists, please refer to the Mercy Care websites below
  - RBHA: <https://www.mercycareaz.org/providers/rbha-forproviders/pharmacy>
    - [Behavioral Health Preferred Drug List](#): For members who qualify under Title 19/21 Non-SMI (CMDP, DES/DDD, or ACC Opt-Out) or as Non-Title 19/21 determined to have a serious mental illness (SMI), or Non-Title 19/21 children with a serious emotional disturbance (SED), Mercy Care RBHA fills only behavioral health medications.
    - [Integrated Preferred Drug List](#): For Title 19/21 SMI members, Mercy Care RBHA fills physical health and behavioral health medications.
    - [Crisis Medication List](#): For adults or children who are Non-Title 19/21 and Non-SMI who present in crisis at any of the facility-based psychiatric urgent care centers, detox facilities and/or access point in Maricopa County. The medications on this list will help stabilize an individual in crisis and bridge them to a follow-up outpatient appointment.
  - ACC, DD and ALTCS: <https://www.mercycareaz.org/providers/complecare-forproviders/pharmacy>

## CBT Intervention May Reduce Addictive Internet Use

Both American Psychiatric Association (APA) and the World Health Organization have recognized that videogaming can become addictive, though other specific internet-based addictions are not yet mentioned in these organizations' diagnostic guides—DSM and the International Classification of Diseases, 11th Revision, respectively. Despite the variety of internet-based addictions, the study authors support the theory that these unique addictions are broadly united by similar behaviors, which is why they chose to include participants with a diverse set of addictions versus focusing on a specific addiction.

Population studies have suggested that internet addiction occurs roughly equally in men and women, but men currently make up most of the people seeking help. In the study, short-term treatment for internet and computer game addiction (STICA), conducted at four outpatient mental health clinics that specialized in behavioral addictions and most of the participants seeking treatment for videogaming addiction, nearly 70% of men who received psychotherapy for internet and computer game addiction for 15 weeks achieved remission of their addiction compared with 24% of men in the wait-list group.

## Drug Overdose Deaths in the United States, 1999–2019

Key Findings: Data from the National Vital Statistics System, Mortality

- The age-adjusted rate of drug overdose deaths in 2019 (21.6 per 100,000) was higher than in 2018 (20.7).
- In 2019, adults aged 35–44 had the highest rate of drug overdose deaths (40.5 per 100,000).
- The average annual increase in the rate of drug overdose deaths involving synthetic opioids other than methadone was lower from 2017 through 2019 (9% per year) than from 2013 through 2017 (75%).
- In 2019, the rates of drug overdose deaths involving heroin, natural and semisynthetic opioids, and methadone were lower than in 2018.
- From 2012 through 2019, the rate of drug overdose deaths involving cocaine increased more than 3-fold (from 1.4 to 4.9), while those involving psychostimulants with abuse potential increased more than 6-fold (from 0.8 to 5.0).

Deaths from drug overdose continue to be a public health burden in the United States.

## Wishing you all a Safe, Happy & Healthy 2021!

### References:

1. Efficacy of Short-term Treatment of Internet and Computer Game Addiction A Randomized Clinical Trial [Klaus Wölfling, PhD1; Kai W. Müller, PhD1; Michael Dreier, Dipl-Soz1; et alChristian Ruckes, Dipl-Math2; Oliver Deuster, PhD2; Anil Batra, MD3; Karl Mann, MD4; Michael Musalek, MD5; Andreas Schuster, PhD5; Tagrid Lemenager, PhD4; Sara Hanke, Dipl-Psych3; Manfred E. Beutel, MD6](#) JAMA Psychiatry. 2019;76(10):1018-1025. doi:10.1001/jamapsychiatry.2019.1676
2. <https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates>

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