

November Pharmacy Newsletter



PREFERRED DRUG LIST UPDATES

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

Additions:

- *Imbruvica Susp 70mg/mL (Prior Authorization, Quantity Limit)*
- *Orkambi Granule 75-94mg (Prior Authorization)*

Removals:

- None

Other Updates

- None

Behavioral Health (Non-Title 19/21)

Additions:

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Removals:

- None

Other Updates

- None

** 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>
 - Mercy Care RBHA uses four preferred drug lists, depending on your member's eligibility.
 - **Behavioral Health Preferred Drug List** : For members who qualify under Title 19/21 Non-SMI 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, Gila or Pinal counties. The medications on this list will help stabilize an individual in crisis and bridge them to a follow-up outpatient appointment.
 - **Substance Abuse Block Grant Medication List** : For Non-Title 19/21 members with SUDs and primary substance use and misuse.
 - ACC, DD, ALTCS and DCS CHP: <https://www.mercycareaz.org/providers/complecare-forproviders/pharmacy>

Addressing Stress and Bringing Awareness

International Stress Awareness Day takes place on the first Wednesday in November every year. This day aims to raise awareness about stress, including but not limited to the prevalence of stress and the

impacts of stress. With the holidays upon us, it is a great reminder to take time to breathe and assist our members with strategies to reduce stress.

Stress is a normal reaction to everyday pressures but can become unhealthy when it upsets day-to-day functioning. Stress affects our brain, body, and immune system. It's important to measure a person's lifetime exposure to stress; and strategies to manage stress and minimize its negative effects on health.

Chronic stress, which is failure to manage stress for a long time and remain in a prolonged and constant feeling of stress can lead to life-threatening problems. These complications can include hypertension, heart diseases, decreased immunity, loss of sociability, and decreased mental vitality.

To break the chain reaction, National Stress Awareness Day reminds us to take a deep breath and embrace peace. The day is celebrated to remind individuals and companies that stress management is fundamental to optimum performance.

4 steps to help reduce stress and cope with the inevitable stressors of everyday life

- Avoid. It is possible to escape some of the minor stressors that tend to trouble one.
- Alter. Communicate clearly and let people know expectations.
- Accept. Accepting the situation can ease much of the stress when avoiding and altering doesn't work
- Adapt. Changing standards and expectations of stressful situations can help one cope with stress

Managing Stress with Therapy, Medications and Strategies

Therapy, medications, and other strategies can help. Lifestyle changes to improve sleep through exercise i.e.: promote running, swimming, dancing, cycling and aerobics. A healthy diet can lessen the effects of stress, build up the immune system, level mood, and lower blood pressure. Antioxidants i.e.: vitamin C, magnesium, and Omega- 3 fatty acids, can protect cells against damage that chronic stress causes.

Relaxation techniques i.e.: yoga, meditation, deep breathing can lower stress related anxiety.

Biofeedback can manage heart rate, muscle tension and blood pressure that are affected by stress.

Long-term talk therapy may help deal with stress. Another approach, using cognitive behavioral therapy (CBT), helps change negative thought patterns. CBT involves a thorough assessment of the thoughts, actions, and circumstances that influence the amount of stress experienced. Strategic plans work best when tailored to an individual's particular needs, issues, resources and consistently evaluating interventions and making necessary adjustments.

Reminder for quicker determinations of a Prior Authorization use the ePA link for Our Providers: Please click [here to initiate an electronic prior authorization \(ePA\)](#) request

References:

1. <https://www.apa.org/news/podcasts/speaking-of-psychology/stress>
2. <https://www.webmd.com/balance/stress-management/stress-management>
3. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-4-as-of-stress-relief>

This newsletter is brought to you by the Mercy Care Pharmacy Team. For questions, please email Fanny A Musto (MustoF@mercycares.org), Denise Volkov (VolkovD@mercycares.org) or Trennette Gilbert (gilbert@mercycares.org)