

Select **NEWS**

Helping providers stay ahead

Quarter 1 2020



Coronavirus (COVID-19)

At First ChoiceSM by Select Health of South Carolina, we care about your health and safety.

To help keep you informed of the latest information on COVID-19, we have created an informational webpage on the Select Health website:
www.selecthealthofsc.com/provider/covid-19.

This page includes important information and links to the Centers for Disease Control and Prevention (CDC) and South Carolina Department of Health and Environmental Control (SCDHEC) websites for the latest guidance.

If you need to close your office, we are committed to helping ensure member access to care. In the event of an office closure, please direct your patients who are First Choice plan members to call First Choice Member Services at **1-888-276-2020 (TTY 1-888-765-9586)**. We have tools in place to connect members to alternate providers who can support their continued care.

For more resources, please also access the **CDC COVID-19 homepage**.

Help your family stay First Choice Fit[®] while the kids are out of school!

We're excited to announce the launch of our new YouTube channel and thanks to SCDHEC and Prisma, families with school-aged children in Richland, Lexington, and Sumter school districts now have access to First Choice Fit video content. We are currently rolling out videos featuring healthy cooking recipes and exercise tips, from legendary football star Marcus Lattimore and Brooke Brittain, registered dietitian with South Carolina Department of Health and Environmental Control's (SCDHEC) SNAP-Ed program. They're cooking healthy recipes and showcasing easy exercises to help keep our members and their families stay First Choice Fit[®].



Please subscribe to the First Choice by Select Health YouTube channel today!

Other important reminders

Effective July 1, 2019, **well-child visits were allowed on the same day as sick-child visits** for members from birth to age 21.

The **Let Us Know program** is a partnership between the provider community and Select Health of South Carolina in the engagement and management of chronically ill members.

- Providers have clinical resources available for use in care management. There are also support teams and tools available to assist in the identification, outreach, and education of members.

• Contact our Rapid Response and Outreach Team (RROT)

The RROT addresses the urgent needs of our members and supports providers and their staff. The RROT consists of registered nurses and care connectors, who are trained to assist members in investigating and overcoming the barriers to achieving their health care goals.

Call **1-866-899-5406** from 8 a.m. – 5 p.m. ET or fax the Member Intervention Request Form (located on the Select Health website) to **1-866-279-6377**.

Cardiac rehabilitation is a covered benefit for First Choice members who have experienced a cardiac event. It can be requested as part of discharge planning at the time of discharge from the hospital. Prior authorization is not required. Contact Medical Management at **1-888-559-1010** with questions or concerns.

FLOVENT® HFA REMINDER

All strengths of Flovent® HFA (fluticasone propionate) aerosol (44 mcg, 110 mcg, 220 mcg) were removed from the formulary effective November 1, 2019, and require [prior authorization](#). Select Health preferred alternatives with FDA approved recommended ages are listed below:

- **Qvar RediHaler 40 mcg** actuation HFA breath activated aerosol, ages 4 – 11.
- **Qvar RediHaler (40 mcg or 80 mcg)/actuation HFA breath activated aerosol or 80 mcg**, ages 12 and up.
- **Asmanex Twisthaler 110 mcg breath activated**, ages 4 – 11.
- **Asmanex Twisthaler (110 mcg or 220 mcg)** breath activated, ages 12 and up.
- **Flovent Diskus (50 mcg, 100 mcg)/actuation powder** for inhalation, ages 4 – 12.
- **Flovent Diskus (100 mcg or 250 mcg)/actuation powder** for inhalation (ages 12 and up).
- **Asmanex HFA (50mcg)/actuation aerosol inhaler** for ages 5 to less than 12 years of age.
- **Asmanex HFA (100 mcg or 200 mcg)/actuation aerosol inhaler** (ages 12 and up).

PHARMACY ALERT: NOVOLOG MIX

Generic versions of Novolog Mix 70/30 vials and Novolog Mix 70/30 flexpens were released to the market on January 2, 2020. As a result, the brand versions of Novolog Mix 70/30 vials and Novolog Mix 70/30 flexpens will be auto-substituted with the generic formulations. If a member needs to continue on either of the brand Novolog Mix products, a prior authorization request will need to be submitted. You may submit your requests online at: **Pharmacy Prior Authorization Request**, by phone at **1-866-670-2733**, or download the paper form located on Select Health's website: www.selecthealthofsc.com/pdf/provider/resources/pharmacy-prior-auth-form.pdf and fax it to PerformRxSM at **1-866-610-2775**. If you have any questions or concerns, please call Member Services at **1-888-276-2020**.

Prior authorization update

For an up-to-date list of HCPCS codes that require prior authorization please visit: <http://www.selecthealthofsc.com/pdf/provider/pharmacy/hcpcs-prior-auth-req.pdf>.

Opioid overdose treatment

For emergency treatment for opioid overdose: Narcan nasal spray (naloxone) is a preferred agent on the Select Health Preferred Drug List and is available at community pharmacies with or without a prescription. This FDA-approved opioid antagonist temporarily stops or reverses the effects of an opioid overdose and restores breathing within two to eight minutes, with the effect lasting from 20 to 90 minutes. It is important for any member at risk for opioid overdose to be counseled on the reversal effects of Narcan and how to obtain Narcan.

Quality Corner: Is an antibiotic necessary?

According to the Centers for Disease Control and Prevention, it's estimated that at least 30% – 50% of antibiotic prescriptions for acute respiratory conditions are unnecessary.¹ This puts patients at risk for drug reactions, antibiotic resistance, and other problems such as *Clostridium difficile* (*C. difficile*), a severe and contagious form of antibiotic-associated diarrhea.

Here are some tips for helping to ensure appropriate antibiotic use in the outpatient setting:

- Follow clinical guidelines when prescribing antibiotics.
 - Use the right antibiotic, at the right dose, for the right duration, and at the right time.
- Place written commitments in support of improving antibiotic use in exam rooms to help facilitate patient communication about appropriate antibiotic use.
- Give patients information and materials on appropriate antibiotic use to reference. See examples of print materials for everyone.¹
- Talk to patients and families about when antibiotics are and are not needed, and discuss possible harms such as allergic reactions, *C. difficile*, and antibiotic-resistant infections.
 - Ask patients if they have ever had a *C. difficile* infection, and tailor antibiotic treatment accordingly.
- For patients with conditions that usually resolve without antibiotic treatment:
 - Talk to them about ways to relieve their symptoms without antibiotics.
 - Discuss a clear plan for follow up if symptoms worsen or do not improve.
- Be aware of antibiotic resistance patterns in your community; use the data to make informed prescribing decisions.
- Follow hand hygiene and other infection prevention measures with every patient.²

1. "Patient and Healthcare Provider Information," Centers for Disease Control and Prevention, <https://www.cdc.gov/antibiotic-use/community/materials-references/print-materials/index.html>.

2. "Antibiotic Use in Outpatient Settings, 2017," Centers for Disease Control and Prevention, <https://www.cdc.gov/antibiotic-use/stewardship-report/outpatient.html>.

FOURTH QUARTER PHARMACY & THERAPEUTICS (P&T) CHANGES

The list of changes from the 2019 fourth-quarter P&T meeting have been summarized in the three tables below. [Prior authorization](#) for medications removed from the formulary or with prescribed quantity limits greater than indicated, went into effect February 1, 2020.

Notice of nondiscrimination

First Choice by Select Health of South Carolina complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. First Choice does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Language services

If your primary language is not English, language assistance services are available free of charge. Call **1-888-276-2020 (TTY 1-888-765-9586)**.

ADDED TO FORMULARY

Medication names	Change	Effective date
I-Vite® (vitamin A, C, E/ lutein/minerals 1,000 units-60 units-2 mg oral tablet)	Add to formulary	December 1, 2019
Grastek, Odactra, Oralair, Ragwitek	Add prior authorization (PA)	December 1, 2019
Symdeko	Add to specialty tier with PA	December 1, 2019
Xpovio	Add to specialty tier with PA	December 1, 2019
Kanjinti	Add to specialty tier with PA	December 1, 2019
Mvasi	Add to specialty tier with PA	December 1, 2019
Nubeqa	Add to specialty tier with PA	December 1, 2019
Turalio	Add to specialty tier with PA	December 1, 2019
Ferriprox	Add to specialty tier with PA	December 1, 2019
Rozlytrek	Add to specialty tier with PA	December 1, 2019
Inrebic	Add to specialty tier with PA	December 1, 2019
Cuvitru	Add to specialty tier with PA	December 1, 2019
Rinvoq	Add to specialty tier with PA	December 1, 2019
Vyndamax	Add to specialty tier with PA	December 1, 2019
Sunosi	Add PA	December 1, 2019
Evekeo ODT	Add PA	December 1, 2019
Tosymra	Add PA	December 1, 2019

REMOVED FROM FORMULARY

Medication names	Alternative recommendations	Effective date
Ciprodex otic suspension	ofloxacin otic drops, acetic acid 2% otic, neomycin/polymixin B/hydrocortisone	February 1, 2020
Theo-24 ER 400 mg capsule	Theo-24® (theophylline) 100 mg, 200 mg, 300 mg ER capsule	February 1, 2020
Premarin 0.45 mg tablet Premarin 0.625 mg tablet Premarin 0.3 mg tablet Premarin 0.9 mg tablet Premarin 1.25 mg tablet	Estradiol 0.5 mg, 1 mg, 2 mg	February 1, 2020

REMOVED FROM FORMULARY

Medication names	Alternative recommendations	Effective date
Prempro 0.45 – 1.5 mg tablet Prempro 0.3 mg – 1.5 mg tablet Prempro 0.625 – 2.5 mg tablet Prempro 0.625 – 5 mg tablet	Norethindrone acetate-ethinyl estradiol	February 1, 2020
Premphase 0.625 – 5 mg tablet	Norethindrone acetate-ethinyl estradiol	February 1, 2020
Intrarosa 6.5 mg vaginal insert	Estrace®(estradiol) 0.01% (0.1 mg/gram) vaginal cream, Vagifem® or Yuvafem® (estradiol) 10 mcg vaginal tablet	February 1, 2020
Premarin vaginal cream – applicator	Estrace® (estradiol) 0.01% (0.1 mg/gram) vaginal cream or Vagifem®, Yuvafem® (estradiol) 10 mcg vaginal tablet	February 1, 2020
Betamethasone DP AUG 0.05% lot	Temovate® (clobetasol propionate) 0.05% cream	February 1, 2020
Betamethasone DP 0.05% ointment	Topicort® (desoximetasone) 0.25% ointment	February 1, 2020
Desoximetasone 0.05% cream	Triderm® (triamcinolone acetonide) 0.5% cream	February 1, 2020
Desoximetasone 0.25% cream	Diprolene AF® (betamethasone dipropionate) augmented 0.05% cream	February 1, 2020
Diflorasone 0.05% cream	Triderm® (triamcinolone acetonide) 0.5% cream	February 1, 2020
Diflorasone 0.05% ointment	Topicort® (desoximetasone) 0.25% ointment	February 1, 2020
Clobetasol emollient 0.05% cream	Temovate® (clobetasol propionate) 0.05% cream	February 1, 2020

QUANTITY LIMIT CHANGES

Medication names	New quantity limit per 30 days	Effective date
Clobetasol 0.05% solution	50 mL	February 1, 2020
Fluocinonide 0.05% solution	60 mL	February 1, 2020
Clobetasol 0.05% cream	60 g	February 1, 2020
Clobetasol 0.05% gel	60 g	February 1, 2020
Clobetasol 0.05% ointment	60 g	February 1, 2020
Desoximetasone 0.25% ointment	60 g	February 1, 2020
Fluocinonide 0.05% gel	60 g	February 1, 2020
Fluocinonide 0.05% cream	60 g	February 1, 2020
Fluocinonide 0.05% ointment	60 g	February 1, 2020
Betamethasone DP AUG 0.05% cream	50 g	February 1, 2020
Betamethasone DP AUG 0.05% ointment	50 g	February 1, 2020
Betamethasone DP AUG 0.05% gel	50 g	February 1, 2020
Betamethasone DP 0.05% cream	45 g	February 1, 2020
Betamethasone valerate 0.1% ointment	45 g	February 1, 2020
Triamcinolone 0.5% cream	45 g	February 1, 2020
Triamcinolone 0.5% ointment	45 g	February 1, 2020

PROVIDER SPOTLIGHT**North Central Family Medicine**

North Central Family Medicine is a private, nonprofit community-based and community-owned health center in Rock Hill, South Carolina. Since operations began in 1992, North Central has been committed to its mission of providing affordable and accessible primary care to medically underserved communities in South Carolina.

North Central provides comprehensive primary medical care to approximately 10,000 residents, with more than 30,000 patient visits annually, in three locations: York, Chester, and Lancaster counties. North Central Family Medicine is recognized as an Approved CenteringPregnancy® Site by the Centering Healthcare Institute and also offers two onsite pharmacies to serve the people of these communities.

Chief Executive Officer Ernest G. Brown has been with the company since the beginning and has worked tirelessly for the past 27 years to build the practice and ensure its ability to provide care to underserved populations. “Our goal is to provide health care to people who need it, regardless of their income status,” he explained. “I feel everybody should be able to get to a primary care provider. That’s what we try to do, and that’s what I’m very passionate about.

“I was one of those people who didn’t have health care growing up, so I know what it’s like,” said Mr. Brown. “Everyone has a right to be able to see a doctor. This is what I was called to do, and it’s why we don’t turn anyone away.”

North Central has a variety of programs that fully integrate both physical and behavioral health components to care. In addition to a dedicated focus on quality and closing care gaps, the center also offers added-value services — like college counseling — modeling a holistic approach to patient care.

“We have a full-time registered dietitian to provide nutrition information as well as therapists for mental health and substance use counseling,” said Mr. Brown. “We also have adolescent support services to be able to help with emotional and social issues like bullying.

“We take a comprehensive approach here,” said Mr. Brown. “You must treat the whole person to be successful.”

Select Health appreciates and applauds North Central Family Medicine for its efforts to provide integrated care for its patients and our First Choice members!

Providers interested in learning more about incorporating integrated care into their practices should contact their Provider Network Management Account Executive or our Quality Improvement department at: value@selecthealthofsc.com for assistance.

Fraud, waste, and abuse contact information

To report or refer suspected cases of fraud, waste, and abuse, contact:

- **Select Health Fraud, Waste, and Abuse Hotline**
(secure and confidential, available 24 hours a day, seven days a week):
1-866-833-9718
Mail: Special Investigations Unit
200 Stevens Dr.
Mail Stop 13A
Philadelphia, PA 19113
- **Select Health Compliance Hotline**
(secure and confidential, available 24 hours a day, seven days a week):
1-800-575-0417

Providers may also report suspected fraud, waste, and abuse to:

South Carolina Division of Program Integrity Fraud and Abuse Hotline:

- Phone: **1-888-364-3224**
- Fax: **1-803-255-8224**
- Email: fraudres@scdhhs.gov
- Mail: South Carolina Fraud Hotline
Division of Program Integrity
1801 Main Street
Columbia, SC 29202