

# HealthTrust Exclusive Programs

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A quick guide to the *exclusive* programs available through the HealthTrust PBM program with Optum Rx.

2025

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Discover the **unique solutions** that are only offered through the HealthTrust PBM program. These custom programs provide HealthTrust clients with **significant added value at no additional cost for most programs**.

### Clinical Management

#### HealthTrust Emerging Trends Management Program

*No additional cost*

The Emerging Trends Management Program is a unique strategy expanding upon the Optum Rx Vigilant Drug Program to exclude a more expansive list of medications based on the highest threshold for clinical value. This expanded list of drugs includes a focus on both high-cost traditional and specialty medications. This strategy provides the ability to exclude additional medications with extremely high costs and low clinical benefit.

#### HealthTrust GLP-1 management solutions: 30 Day Limit Program

*No additional cost*

The GLP-1 30 day limit helps to eliminate waste on GLP-1 medications caused by high discontinuation rates and titration requirements. The 30-day limit is applicable to both diabetic and obesity GLP-1 medications. Members will be limited to filling a 30-day supply of GLP-1s at all channels and pharmacies, with their 30-day retail copay applied. Any utilization management that is currently in place for the plan, such as prior authorization or quantity limits, will still apply. Members will not be required to obtain a new prescription. If written for 90 days, the pharmacist will simply dispense a 30-day supply, and any remaining quantity on the prescription will be retained as a refill. Optional member lettering to inform of the change in dispensing limit is available upon client request.

#### HealthTrust GLP-1 management solutions: 90 Day Delay Program

*No additional cost*

The 90-day delay program requires new to therapy utilizers to fill three 30-day fills **at retail** before a 90-day fill is allowed, due to high discontinuation rates early in therapy for the GLP-1 class.

## HealthTrust Non-Specialty Drug Utilization Management Portfolio

*No additional cost*

The HealthTrust Non-Specialty Drug Utilization Management Portfolio helps promote clinically appropriate utilization of certain high-cost drugs and drug classes, while also helping to drive members to lower cost alternative therapies through an exclusive and custom utilization management strategy. You can build an offering that is right for your organization by choosing from several available utilization management options.

### Care Management

## HealthTrust HIV Personalized Rx Counselor

*Pricing: \$0.05 PMPM + \$100 per member consultation*

The HIV Personalized Rx Counselor program helps consumers improve outcomes and clients reduce health care costs. By evaluating medication therapies and intervening as needed, Optum Rx can optimize drug therapy, improve adherence, reduce risk for interactions and close gaps in care. The MedMonitor pharmacy portal helps network pharmacists provide a more personalized consumer experience, while the clinical call center connects consumers to pharmacists at home using live and automated calls.

### Optum Specialty Pharmacy and Pharmacy Services

## HealthTrust Specialty Benefit Optimization

*No additional cost*

Optum Rx works with clients to shift select specialty drugs from the medical benefit to the pharmacy benefit, enabling Optum Rx to leverage its clinical and cost management strategies to better control specialty drug trend. There are two parts to the program:

- Part A: All eligible drugs, whether self-administered by the patient or clinically administered in a provider's office, must be procured through Optum Specialty Pharmacy – either sent to the patient's home or through "white bagging" to the provider's office.
- Part B: Optum Rx has developed a focused network for professionally administered drugs now managed on the pharmacy benefit – designed to take more control of the processes, formulary, and network, benefiting both network providers and plan sponsors. We work with plan sponsors who have decided to block coverage of select drugs and shift coverage to the pharmacy benefit, under the HealthTrust formulary, clinical criteria, and network. This improves drug management for the plan sponsor, while streamlining billing for providers and maintaining choice in how they procure specialty drugs – with deeply discounted HealthTrust direct contracted acquisition cost.



## **HealthTrust Specialty Control Utilization Management**

*No additional cost*

The Specialty Control Utilization Management Program is an enhanced utilization management offering designed to produce a higher level of clinical review for specialty medications known to incur the highest costs and trends within the pharmacy benefit. The enhanced criteria has been evaluated and approved by Optum's P&T committee and consists of diagnostic documentation requirements, indication-based dosing questions, and drug-specific safety criteria, where applicable. This program promotes patient safety and helps plan sponsors control spend by ensuring clinically appropriate utilization of specialty medications. The specialty medication classes targeted by this program includes Inflammatory conditions (i.e., Rheumatoid Arthritis, Psoriasis), Multiple Sclerosis, Cystic Fibrosis, Growth Hormone and related, Pulmonary Arterial Hypertension, Hepatitis C, Hereditary Angioedema, and Osteoporosis.

## **HealthTrust Split Fill**

*No additional cost*

The Split Fill program (which includes a select list of oral oncology, cardiovascular, gastrointestinal, enzyme therapy, and pulmonary fibrosis medications) is designed to avoid waste and to provide increased clinical oversight for patients who are new to therapy. Patients in the Split Fill program will have their 30-day supply prescriptions adjusted to a 15-day supply at a partial copay for their first six fills of the medication. After the initial six 15-day supply fills, the patient will begin to receive a standard supply fill if adherence and tolerance guidelines are met.