Optum Rx®

We're in this together

How to address the safety and rising costs of compound prescriptions

The U.S. Food and Drug Administration (FDA) defines compounding pharmacy as the practice of combining, mixing or altering ingredients to create a medication tailored to the medical needs of an individual patient.* While there are legitimate clinical reasons for compounding, such as dye allergies or difficulty in swallowing pills, in general, compounds are dispensed with limited FDA oversight and evidence of clinical benefit or safety.

Protect your population

Compound prescriptions may have unclear track records for quality, efficacy and safety and aren't subject to the same rigorous evaluation and oversight as commercially available prescriptions approved by the FDA. This potentially jeopardizes your members' health while adding significant expense.

Team up with someone who's got your back

Reduce potential risk and costs associated with unproven compounds with the Optum Rx® compound management strategy. This standard offering establishes clear parameters for compound use by delivering a comprehensive approach to compound management.

Compound medication examples

Compound prescriptions for pain cream include:

- **baclofen**
  oral muscle relaxant
- **clonidine**
  oral blood pressure medication
- **cyclobenzaprine**
  oral muscle relaxant
- **diclofenac**
  oral and topical pain reliever
- **gabapentin**
  oral anticonvulsant
- **ketamine**
  injectable general anesthetics
- **ketoprofen**
  oral pain reliever
- **lidocaine**
  topical analgesic

FDA-approved options available:

- Oral pain medications
- Topical diclofenac
- Lidocaine patch

A modular approach designed with you in mind

Modular components let you set clear limits on compound management use while also preserving access when clinically appropriate. For example, you can select cost thresholds that trigger prior authorization to verify pricing and clinical validity. You can also select bulk chemical or compound kit exclusions. Clinical prior authorization can be set to screen for highly used ingredients that are considered red flags when included in a compound.

Choose from a variety of options to tailor an approach that's just right for you.

Clinical reviews on high-cost claims
Requires prior authorization for compound medications exceeding threshold

Prior authorization on high-concern compounds
Requires prior authorization for targeted active ingredients commonly used in compounds regardless of cost

Select bulk chemical exclusions
Excludes bulk chemicals not recommended for compound use by the FDA or due to questionable clinical value

Compound kit exclusions
Excludes certain pre-packaged formulations from coverage

In addition, the Network Compound Credentialing Program validates compounding pharmacy providers. This program promotes quality and safety by requiring pharmacies to meet certain standards to participate in our network and dispense compound medications. It is an automatically included mandatory component.

Let's get started

Contact your sales representative or optumrx@optum.com to see how we can help you manage compounds.

Reference

* U.S. Food and Drug Administration (FDA). Compounding and the FDA: Questions and Answers. fda.gov/drugs/human-drug-compounding/compounding-and-fda-questions-and-answers. Page current as of June 29, 2022. Accessed September 23, 2022.

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