

# Enhanced Controlled Substance Utilization Program

---

## ALARMING STATISTICS

Each year, prescription drug overdoses:

- Kill more than 16,000 Americans<sup>1</sup>
- Result in 1.2 million visits to an emergency room<sup>2</sup>

From 2006 to 2016, diagnoses for opioid use disorder spiked by almost five-fold<sup>3</sup>

Deaths due to opioids:<sup>3</sup>

- More than doubled between 2006 and 2016
- Increased another 16 percent between 2016 and 2017

## HELPING TO TAKE CARE OF OUR CUSTOMERS

Premera Blue Cross is partnering with Express Scripts<sup>4</sup> to help protect your employees and their dependents with our Enhanced Controlled Substance Utilization (ECSU) program.

### Key benefits of ECSU

- Promotes effective prescription drug use to achieve positive patient health outcomes
- Detects fraudulent behavior and helps employers address potential abuse cases using proactive data mining and comprehensive investigation
- Reduces risk associated with patients or prescribers through proactive identification of abnormal use or prescribing
- Helps eliminate waste from the healthcare system by reducing multiple doctor and ER visits, duplicative testing, and overlapping therapies

<sup>1</sup> U.S. Centers of Disease Control and Prevention, February 2012

<sup>2</sup> U.S. Substance Abuse and Mental Health Services Administration, December 2010

<sup>3</sup> Blue Cross Blue Shield Association study, June 2017

<sup>4</sup> Express Scripts is an independent company that provides pharmacy benefit services on behalf of Premera Blue Cross.

### What the ECSU program monitors

- Number of doctors visited and pharmacies used
- Distance traveled to physician or pharmacy
- Frequency of prescriptions
- Geography and patient population
- Mix of drugs dispensed

### How this differs from the past

- Our enhanced program casts a wider net by increasing what is monitored, including distance traveled to providers or pharmacies and geography.
- This enhanced program uses advanced analytics and full investigative services to identify customers needing greater oversight by their healthcare team.
- The investigative team at Express Scripts monitors patient and prescriber patterns to identify situations of abnormal use or prescribing. If a member is identified, the team looks for abusive or fraudulent patterns and examines risk scenarios for patient and prescriber intervention.

### Who is this for

Premera's ECSU program is an option for self-funded businesses with 51 or more employees.

### [FIND OUT MORE ABOUT ECSU](#)

Contact your Premera sales representative.