

Enhanced Controlled Substance Utilization Program

ALARMING STATISTICS

Each year, prescription drug overdoses:

- Kill more than 16,000 Americans¹
- Result in 1.2 million visits to an emergency room²

From 2006 to 2016, diagnoses for opioid use disorder spiked by almost five-fold³

Deaths due to opioids:³

- 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 Blue Shield of Alaska is partnering with Express Scripts⁴ 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

¹ U.S. Centers of Disease Control and Prevention, February 2012

² U.S. Substance Abuse and Mental Health Services Administration, December 2010

³ Blue Cross Blue Shield Association study, June 2017

⁴ Express Scripts is an independent company that provides pharmacy benefit services on behalf of Premera Blue Cross Blue Shield of Alaska.

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.