

## BCBS PPI Non-Coverage Policy & Deprescribing

- Effective **January 1, 2019**, Blue Cross will **no longer cover proton pump inhibitors (PPIs)**
- PPIs excluded from pharmacy benefit coverage:

Aciphex	First-Lansoprazole	Omeprazole sodium bicarb.	Rabeprazole
Aciphex Sprinkle	First-Omeprazole	Pantoprazole	Zegerid
Dexilant	Lansoprazole	Prevacid	
Esomeprazole magnesium	Nexium	Prilosec	
Esomeprazole strontium	Omeprazole	Protonix	

- Patients will receive a letter from BCBS noting there are several options available OTC without a prescription.
  - Exclusions:
    - Benefit exclusion applies to members  $\geq 18$  years old
    - Benefit exclusion will not apply to members being treated with combination prescription medications to treat H. pylori or for members under the age of 18 years
    - No other exceptions will be made
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### Some tips for patients affected by BCBS new PPI policy:

- If patients can benefit from dose-reductions or medication discontinuation, deprescribing guidelines, are available to assist in this process. (*attached*)
    - Decrease to a lower dose
    - Stop and use –on demand strategies
    - Patients and/or caregivers are usually more successful when engaged in the deprescribing process and have an understanding of the rationale. (e.g. risks of continued PPI use etc.)
  - Patients can use Good Rx coupons for most generic prescription PPIs and pay about \$5 to \$25 for a month supply. ([www.GoodRx.com](http://www.GoodRx.com))
  - OTC PPIs are available from various locations (Walmart, Amazon, COSTCO) at reasonable costs (\$12 - \$15 per month).
    - Use OTC Script Pad
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