

THE UNIVERSITY OF TEXAS SYSTEM

UT Benefits Program

Opioid and Substance Abuse Information

Laura Chambers, Executive Director, Office of Employee Benefits

Presentation to the House Select Committee on Opioids and
Substance Abuse

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University of Texas System – UT Benefits Program

- Authorized under *Chapter 1601 of the Texas Insurance Code*, State University Employees Uniform Insurance Benefits Act.
- Regulatory requirements include *Chapter 1601, Texas Insurance Code*, and other state statutes as well as numerous federal laws.
- Carefully managed by staff within the Office of Employee Benefits at UT System in close coordination with advisory groups and Offices of Human Resources at all UT institutions as well as the statutorily-required Benefits Advisory Committee, comprised of members from each UT institution.



Administrative Responsibilities of the Office of Employee Benefits



- ✓ Financial oversight;
- ✓ Design of benefit offerings;
- ✓ Management and monitoring of contracts; Provide support and training to institution Human Resource staff;
- ✓ Develop administrative policies and guidelines; Writing and designing communication materials;
- ✓ Customer service and member engagement; Oversight of federal requirements;
- ✓ Oversight and management of optional and voluntary retirement plan; and
- ✓ Administration of the Systemwide student insurance program.



UT SELECT Medical Plan

- Provides robust medical and pharmacy benefits for about **212,000 employees, retired employees, and eligible dependents**.
- Approximately 98% of UT SELECT Medical plan participants live in Texas.
- Close to **31,000 additional employees, retirees, and eligible dependents** who are not enrolled in the UT SELECT Medical plan participate in at least one other type of coverage offered through the UT Benefits program.



UT SELECT Medical Plan – Opioid Utilization

- Opioids represent less than 3% of all prescriptions filled under the plan.
- Fewer than 28,000 patients filled an opioid prescription during FY17.
- Approximately half of the patients filled for 10 days or less.
- Chronic pain management utilization lasts 30 days on average.

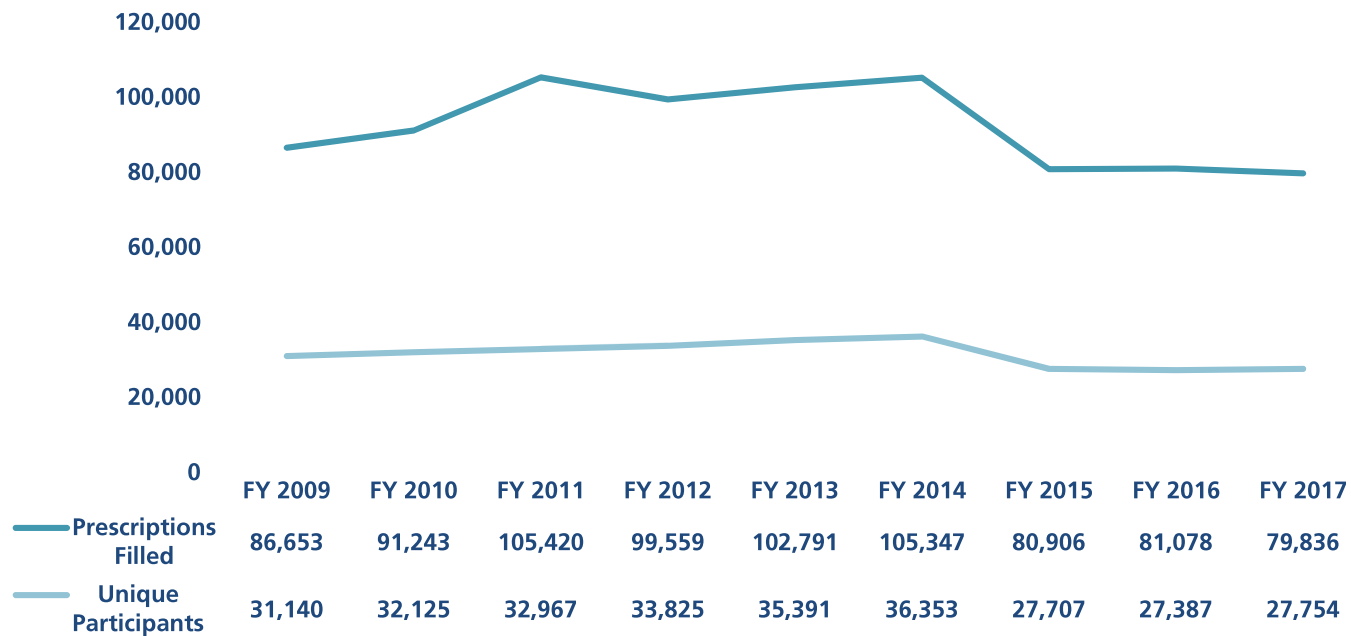


UT SELECT Medical Plan – Opioid Utilization

- Members filing opioid prescriptions used, on average, one doctor and one pharmacy to fill their prescriptions.
- About 80 participants received treatment for opioid dependence through the UT SELECT Medical plan during 2017.



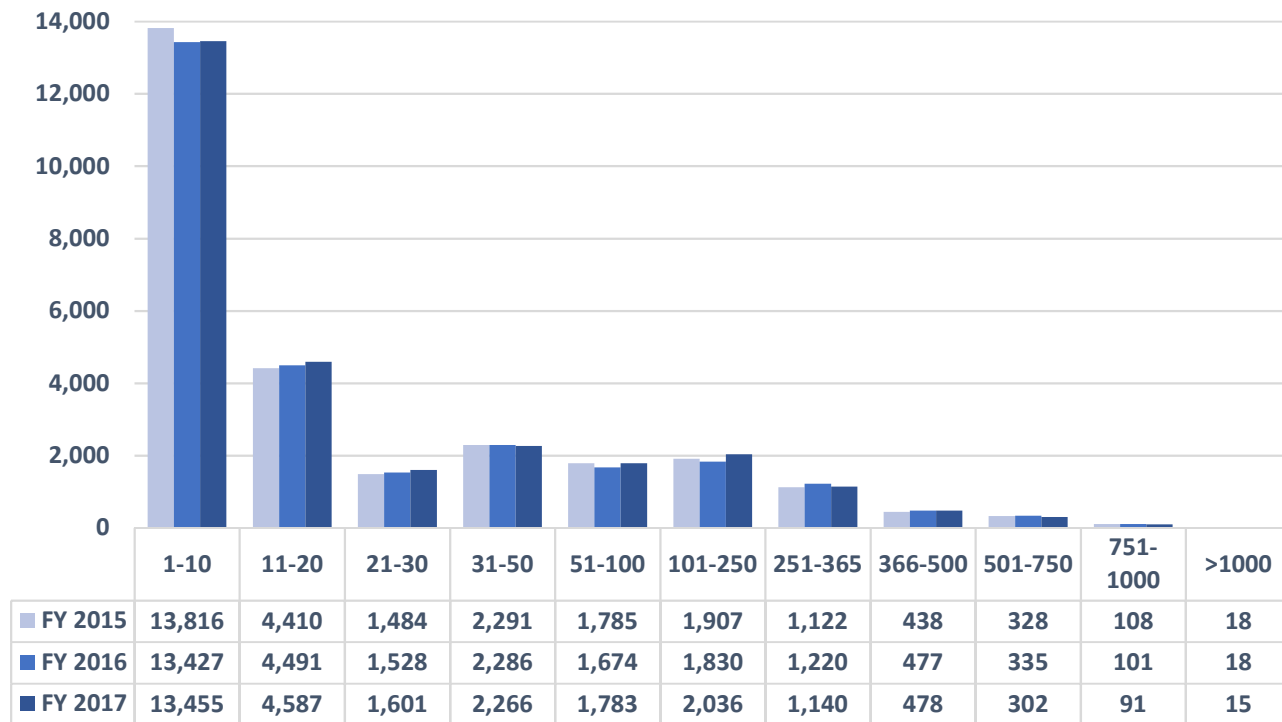
UT SELECT Medical Plan – Opioid Utilization by Fiscal Year



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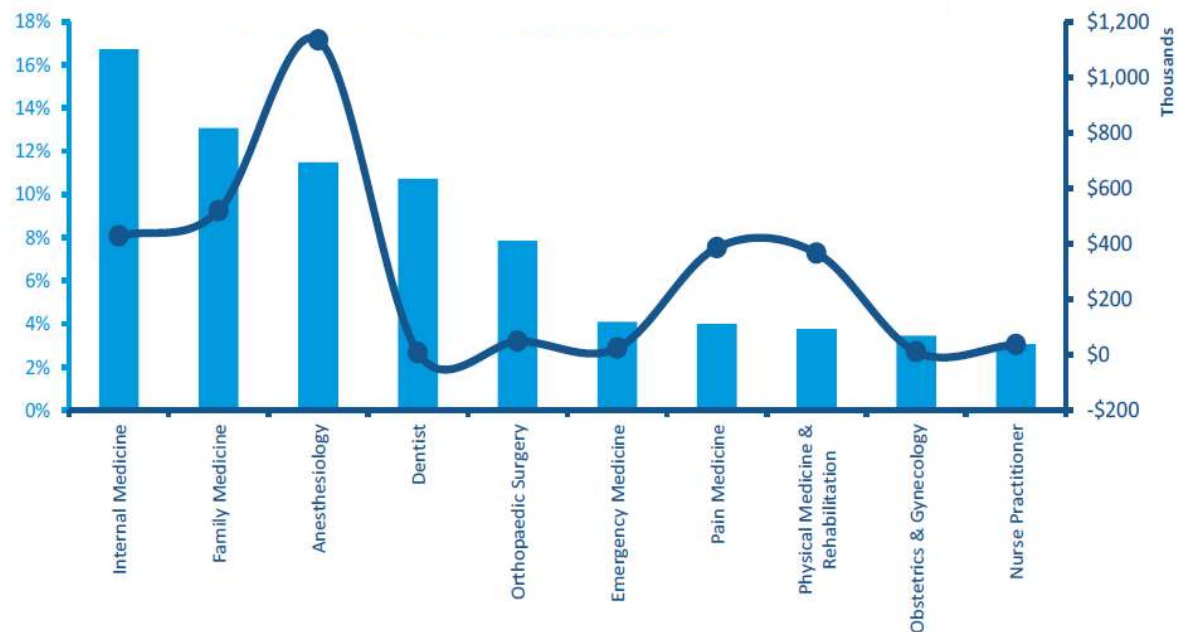
UT SELECT Medical Plan – Opioid Utilization by Days Supply



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UT SELECT Medical Plan – Opioid Plan Cost and Prescriptions by Prescriber Type



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Opioid Management Program Features

- Alerts to pharmacist at point of sale
- Dispensing limits
- Prior authorization requirements
- Medical and pharmacy data evaluation used to alert physicians about potential abuse
- Sharing pharmacy claims data with nurse case managers for additional oversight and coordination with medical plan



Advanced Opioid Management Program



Initial fill 7 days' supply
Enhanced long acting opioid P.A.
Concurrent DUR
Morphine Equivalent Dose (MED)
edit >200Mg
Enhanced FWA auto lock
Fentanyl – Quantity Limits &
Tighter Criteria*

Educational letter
Proactive Specialized
Neuroscience
Therapeutic Research
Center (TRC)
pharmacist outreach
Disposal bags

Point of care alerts (MED dosing)
Enhanced FWA auto lock
Physician Care Alert: Add
Naloxone*
Prescriber Education & Peer
Comparison*

*New in 2018



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Medical Plan Benefits

- Benefits Value Advisers are available for assistance with understanding mental health and substance abuse treatment options and locating providers and facilities. Toll-free 24-hour Nurseline also available for assistance as needed.
- Living Well health and wellness program includes access to resources that can assist participants with management of stress and anxiety and increase use of healthy coping skills.
- Online provider directory available to all participants. Customer service representatives can also assist with locating providers and facilities.
- Coordination and referral programs through institution based Employee Assistance Programs.



Utilization for Opioid Treatment

- ✓ 78 Patients seeking care for Opioid addiction
- ✓ 67 of those treated were treated with inpatient care
- ✓ Approximately 650 outpatient visits



Moving Forward

- Continue tight management programs within employer plans;
- Increase overall use of electronic medical records and sharing of patient data amongst treating physicians;
- Imperative to keep provider community engaged in treatment; and
- Open discussion and communication about impact of opioids, warning signs of addiction and treatment options.

