



Aetna's Initiative on the Opioid Epidemic

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HHS Data on Epidemic



The Opioid Epidemic in the U.S.

In 2015...



12.5 million

People misused prescription opioids¹



2.1 million

People misused prescription opioids for the first time¹



33,091

People died from overdosing on opioids²



2 million

People had prescription opioid use disorder¹



15,281

Deaths attributed to overdosing on commonly prescribed opioids^{2,3}



828,000

People used heroin¹



9,580

Deaths attributed to overdosing on synthetic opioids^{2,3}



135,000

People used heroin for the first time¹



12,989

Deaths attributed to overdosing on heroin^{2,4}



\$78.5 billion

In economic costs (2013 data)⁶

Sources: ¹2015 National Survey on Drug Use and Health (SAMHSA). ²MMWR, 2016; 65(50-51):1445-1452 (CDC). ³Prescription Overdose Data (CDC). ⁴Heroin Overdose Data (CDC). ⁵Synthetic Opioid Data (CDC). ⁶The Economic Burden of Prescription Opioid Overdose, Abuse, and Dependence in the United States, 2013. Florence CS, Zhou C, Luo F, Xu L. Med Care. 2016 Oct;54(10):901-6

Updated May 2017. For more information, visit: <http://www.hhs.gov/opioids/>

Every Day in the U.S.

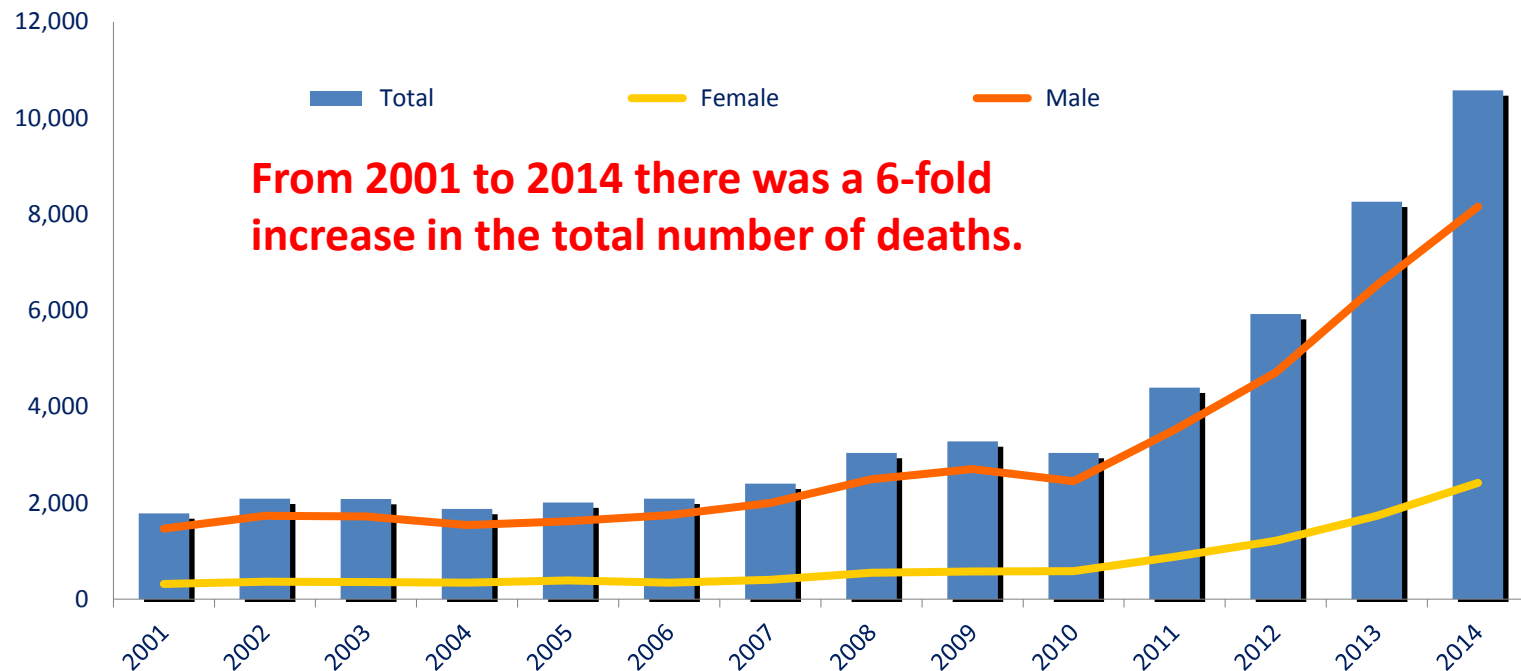
- More than 650,000 opioid prescriptions dispensed
- 3,900 people initiate nonmedical use of prescription opioids
- 580 people initiate heroin use
- 91 people die from an opioid-related overdose

Cost in Dollars

- \$55 Billion in health and social costs related to prescription opioid abuse each year
- \$20 Billion in emergency department costs related to opioid abuse each year
- In 2015 substance abuse accounted for 7.5% of all health spending and almost 20% of mental health spending

NATIONAL OVERDOSE DEATHS

Heroin Overdose Deaths



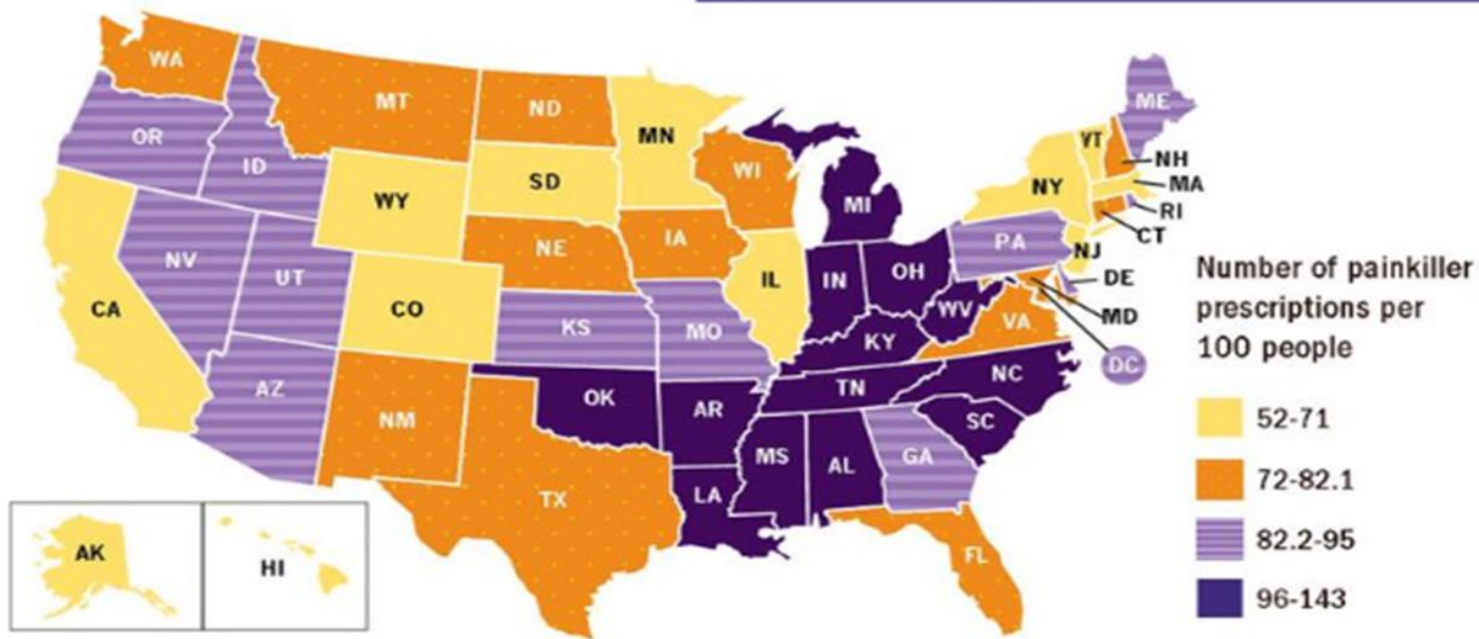
Source: CDC Wonder

National Institute on Drug Abuse, December, 2015.

<http://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

Amount Of Prescriptions varies greatly by state

Some states have more painkiller prescriptions per person than others.



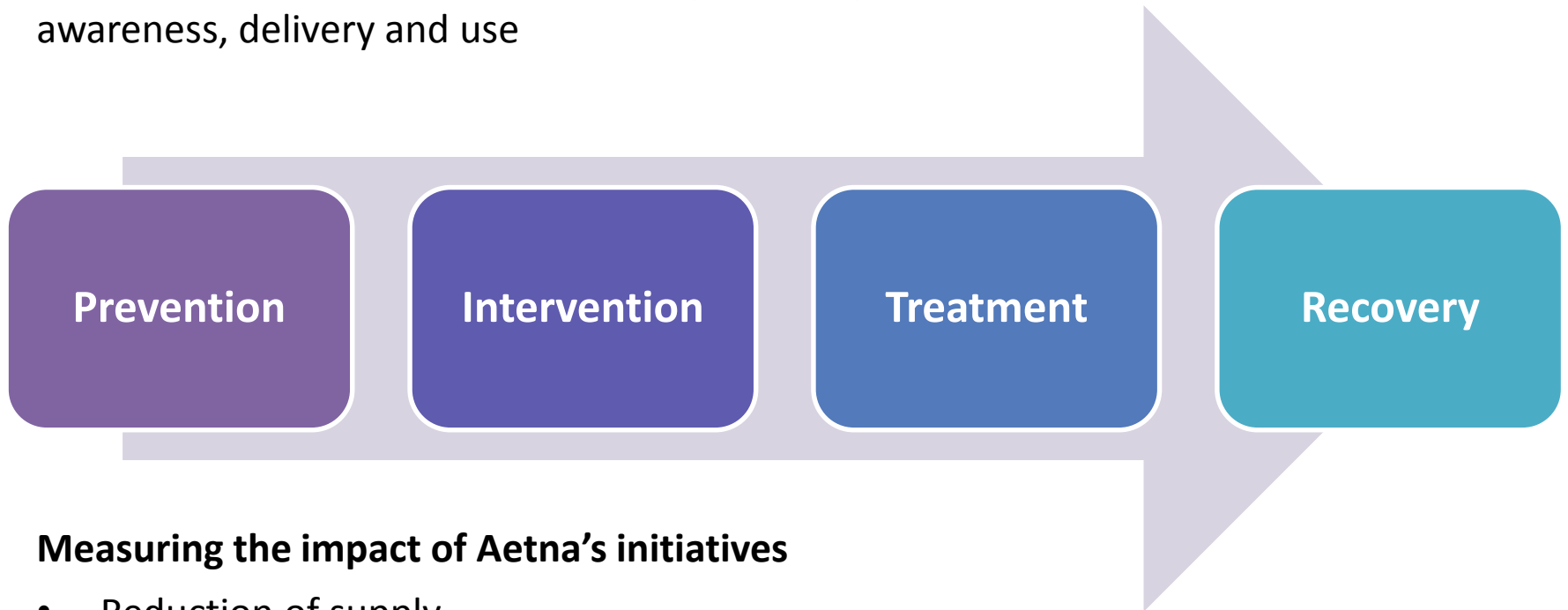
SOURCE: IMS, National Prescription Audit (NPA™), 2012.

AETNA'S DATA ON THE OPIOID EPIDEMIC

- 1/3 of chronic pain patients show “problematic use” (rapid escalation, or > 5 prescribers)
- 5 X risk of overdose with > 100 mg morphine equivalent dose (MED) compared to < less than 50 mg MED
- Concurrent prescribing of opioids and buprenorphine suggests misuse: ~ 2000 cases identified annually: 80% success in reducing concurrent prescription
- Provider underutilization of medication assisted treatment* for substance use disorder – only 9% of discharges from residential treatment centers (*naltrexone, Vivitrol, Suboxone, methadone)

AETNA: RESPONDING TO THE NATIONAL CRISIS

Goal: Build on current initiatives to impact every phase of awareness, delivery and use



Measuring the impact of Aetna's initiatives

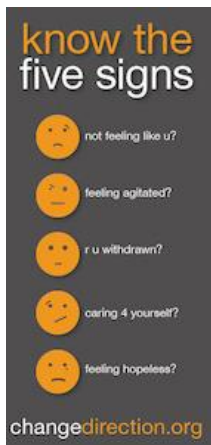
- Reduction of supply
- Increase in appropriate use
- Reduced rate of opioid overdose, opioid-related ER visits and deaths
- Increase in adoption of medication assisted treatment
- New ways to support of recovery

PREVENTION: EDUCATION AND AWARENESS

- Develop specific module on substance and alcohol disorder in **Campaign to Change Direction** and **MHFA**
- Increase plan sponsor awareness
- Aetna Behavioral Health University Courses
- Extend EAP Screening and Brief Intervention and Referral to Treatment (SBIRT) program to include problematic opiate use

INCREASING MENTAL HEALTH AWARENESS & REDUCING STIGMA: AETNA PARTNERSHIPS

“...The sense of stigma is most likely to diminish as a result of public education and broader acceptance of addiction as a treatable disease.” —Institute of Medicine



Campaign to Change Direction

- Founding member
- Encourages people to learn of 5 signs of emotional suffering and reach out with support
- Endorsed by the White House
- Aetna has shared 5 signs with 15 M people since 2015



President Barack Obama & First Lady Michelle Obama show support of the Campaign to Change Direction in 2015

Mental Health First Aid

- Evidence-based, 8-hour education program
- Teaches people how to identify and respond to mental health and substance use disorder issues
- Exclusive distribution by Aetna



INTERVENTION:

PROMOTE APPROPRIATE USE & REDUCE SUPPLY

- Multiple prescriptions, prescribers, or pharmacies
- Split fill without additional co-pay
- Drug take-back programs
- Monitoring for MED >100MME per day *and* concurrent benzodiazepines (Valium, Xanax, Ativan, Klonopin)
- Quantity limits, precertification requirements for refills
- 7 Day limit for dental prescriptions; pre-cert for refills
- Fraud detection & prevention through SIU

INTERVENTION:

PREVENTING OVERDOSES & DEATH WITH NARCAN

- Making Narcan kits available to providers and members
- Integrate Narcan prescription in discharge planning (UM)
- Overdose risk screening (CM)

Cost of Naloxone

Recent and Current Prices for Naloxone.*			
Naloxone Product	Manufacturer	Previous Available Price (yr)	Current Price (2016)
Injectable or intranasal, 1 mg-per-milliliter vial (2 ml) (mucosal atomizer device separate)	Amphastar	\$20.34 (2009)	\$39.60
Injectable			
0.4 mg-per-milliliter vial (10 ml)	Hospira	\$62.29 (2012)	\$142.49
0.4 mg-per-milliliter vial (1 ml)	Mylan	\$23.72 (2014)	\$23.72
0.4 mg-per-milliliter vial (1 ml)	West-Ward	\$20.40 (2015)	\$20.40
Auto-injector, two-pack of single-use prefilled auto-injectors (Evzio)	Kaleo (approved 2014)	\$690.00 (2014)	\$4,500.00
Nasal spray, two-pack of single-use intranasal devices (Narcan)	Adapt (approved 2015)	\$150.00 (2015)	\$150.00

* Price information was obtained from Medi-Span Price Rx (Wolters Kluwer Clinical Drug Information).

TREATMENT

- Value based contracting: NIDA 13 Principles of Effective Treatment (2012)
- Increase number of members treated with MAT
- Alcohol and substance disorder management tool kits for ACO's
- Reduce pharmacy benefit barriers for medication assisted treatment
- Develop substance use disorders Institutes of Quality

SUPPORTING RECOVERY

- **BH Condition Management**
- **AbleTo** – substance abuse coaching: 8 weeks
- **myStrength** – online CBT intervention for SUD
- **Catasys** – 52 weeks of coaching with medication assisted treatment integrated with psychosocial intervention
- **MAP** – Curated, peer-based technology platform to provide recovery support

Recommendations for Counties

- 1) Require close opiate controls in your own employee pharmacy plans
- 2) Support prescription drug monitoring programs (PDMP)
- 3) Support methadone clinics and other treatment services
- 4) Increase access to Narcan kits
- 5) Supply police station receptacles and support community “take back” events