Highmark Wholecare
Pharmacy Division
Phone 800-392-1147 Fax 888-245-2049

I. Requirements for Prior Authorization of Anxiolytics

A. Prescriptions That Require Prior Authorization

Prescriptions for Anxiolytics that meet any of the following conditions must be prior authorized:

1. A non-preferred Anxiolytic. See the Preferred Drug List (PDL) for the list of preferred Anxiolytics at: https://papdl.com/preferred-drug-list.

2. An Anxiolytic benzodiazepine when there is a record of a recent paid claim for another benzodiazepine (excluding clobazam and benzodiazepines indicated for the acute treatment of increased seizure activity [e.g., rectal and nasal formulations]) in the Point-of-Sale Online Claims Adjudication System (therapeutic duplication).

3. An Anxiolytic benzodiazepine when there is a record of 2 or more paid claims for any benzodiazepine (excluding clobazam and benzodiazepines indicated for the acute treatment of increased seizure activity [e.g., rectal and nasal formulations]) in the Point-of-Sale Online Claims Adjudication System within the past 30 days.

4. An Anxiolytic benzodiazepine when prescribed for a beneficiary under 21 years of age.

5. An Anxiolytic benzodiazepine when a beneficiary has a concurrent prescription for a buprenorphine agent indicated for the treatment of opioid use disorder.

B. Review of Documentation for Medical Necessity

In evaluating a request for prior authorization of a prescription for an Anxiolytic, the determination of whether the requested prescription is medically necessary will take into account whether the beneficiary:

1. For an Anxiolytic benzodiazepine for a beneficiary under 21 years of age, **one** of the following:

   a. Has a diagnosis of **one** of the following:

      i. Seizure disorder,
      ii. Chemotherapy induced nausea and vomiting,
      iii. Cerebral palsy,
      iv. Spastic disorder,
      v. Dystonia,
      vi. Catatonia,

   b. Has symptoms of severe acute anxiety and **both** of the following:

      i. Has chart documented evidence of a comprehensive evaluation
      ii. Is prescribed the Anxiolytic benzodiazepine by or in consultation with a psychiatrist,

   c. Is receiving palliative care;

   AND

2. For an Anxiolytic benzodiazepine for a beneficiary with a concurrent prescription for a buprenorphine agent indicated for the treatment of opioid use disorder, **both** of the following:

   a. Is prescribed the buprenorphine agent and the benzodiazepine by the same prescriber or, if prescribed by different prescribers, all prescribers are aware of the other prescription(s)
   b. Has an acute need for therapy with the benzodiazepine;

   AND

3. For therapeutic duplication of a benzodiazepine, **one** of the following:

   a. Is being titrated to or tapered from another benzodiazepine
   b. Has a medical reason for concomitant use of the requested medications that is supported by peer-reviewed medical literature or national treatment guidelines;

   AND

4. When there is a record of 2 or more paid claims for a benzodiazepine within the past 30 days, **both** of the following:

   a. The multiple prescriptions are consistent with medically accepted prescribing practices and standards of care, including support from peer-reviewed medical literature or national treatment guidelines
   b. The multiple prescriptions are written by the same prescriber or, if written by different prescribers, all prescribers are aware of the other prescription(s);

   AND

5. For a non-preferred Anxiolytic, has a history of therapeutic failure of or a contraindication or an intolerance to the preferred Anxiolytics.

   NOTE: If the beneficiary does not meet the clinical review guidelines listed above but, in the professional judgment of the physician reviewer, the services are medically necessary to meet the medical needs of the beneficiary, the request for prior authorization will be approved.

C. Clinical Review Process

Prior authorization personnel will review the request for prior authorization and apply the clinical guidelines in Section B. above to assess the medical necessity of a prescription for an Anxiolytic. If the guidelines in Section B. are met, the reviewer will prior authorize the prescription. If the guidelines are not met, the prior authorization request will be referred to a physician reviewer for a medical necessity determination. Such a request for prior authorization will be approved when, in the professional judgment of the physician reviewer, the services are medically necessary to meet the medical needs of the beneficiary.

D. Dose and Duration of Therapy

Requests for prior authorization of an Anxiolytic benzodiazepine for a beneficiary under 21 years of age for symptoms of severe acute anxiety will be approved for up to 2 weeks.

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BENZODIAZEPINES PRIOR AUTHORIZATION FORM *(form effective 1/8/2024)*

☐New request ☐Renewal request	# of pages: _____	Prescriber name:	
Name of office contact:		Specialty:	
Contact's phone number:		NPI:	State license #:
LTC facility contact/phone:		Street address:	
Beneficiary name:		City/State/Zip:	
Beneficiary ID#:	DOB:	Phone:	Fax:

CLINICAL INFORMATION

Benzodiazepine requested:	Strength:	Dosage form (capsule, tablet, etc.):	
Directions:		Quantity:	Refills:
Diagnosis *(submit documentation)*:		Dx code (*required*):	
If the requested benzodiazepine is non-preferred, did the beneficiary try and fail the preferred benzodiazepines approved or medically accepted for the treatment of their condition? *Refer to https://papdl.com/preferred-drug-list for the list of preferred and non-preferred drugs.*		☐Yes – *Submit documentation.* ☐No	

Benzodiazepines (preferred and non-preferred) require prior authorization in the scenarios listed below. Check all options that apply to the beneficiary and this request and SUBMIT DOCUMENTATION for each.

☐The beneficiary is **under 21 years of age** and:
- ☐Has a diagnosis of *(check all that apply)*:
  - ☐seizure disorder
  - ☐chemo-induced nausea/vomiting
  - ☐cerebral palsy
  - ☐spastic disorder
  - ☐dystonia
  - ☐catatonia
- ☐Has symptoms of severe acute anxiety AND:
  - ☐Has chart documented evidence of a comprehensive evaluation
  - ☐Is prescribed the benzodiazepine by or in consultation with a psychiatrist
- ☐Is receiving palliative care

☐The beneficiary is **taking 2 or more <u>different</u> benzodiazepines concurrently (therapeutic duplication)** AND:
- ☐Concomitant use of the benzodiazepines is supported by national treatment guidelines or medical literature
- ☐Is being titrated to or tapered from one benzodiazepine to the other

☐The beneficiary **filled 2 or more prescriptions for <u>any</u> benzodiazepine** in the past 30 days AND:
- ☐The prescriptions are for the same benzodiazepine, strength, and directions for use
  - ☐Each prescription was filled for <30 days' supply
  - ☐Other reason for filling >1 benzodiazepine prescription in the past 30 days – specify: _____
- ☐The prescriptions were prescribed by the same prescriber
- ☐The prescriptions were prescribed by different prescribers AND:
  - ☐All prescribers are aware of the other benzodiazepine prescriptions
- ☐The multiple prescriptions are consistent with medically accepted prescribing practices and standards of care, including support from peer-reviewed medical literature or national treatment guidelines

☐The beneficiary has **a concurrent prescription for another controlled substance** and:
- ☐The prescriptions were prescribed by the same prescriber
- ☐The prescriptions were prescribed by different prescribers
  - ☐All prescribers are aware of the other prescriptions
- ☐Has an <u>acute</u> need for the requested benzodiazepine – specify: _____

PLEASE <u>FAX</u> COMPLETED FORM TO HIGHMARK WHOLECARE – PHARMACY DIVISION

Prescriber Signature:	**Date**:

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NON-PREFERRED MEDICATION PRIOR AUTHORIZATION FORM *(form effective 01/01/20)*

☐New request ☐Renewal request	# of pages: _____	Prescriber name:	
Name of office contact:		Specialty:	
Contact's phone number:		NPI:	State license #:
LTC facility contact/phone:		Street address:	
Beneficiary name:		Suite #:	City/State/Zip:
Beneficiary ID#:	DOB:	Phone:	Fax:

Please refer to https://papdl.com/preferred-drug-list for the list of preferred and non-preferred medications in each Preferred Drug List class.

Non-preferred medication name:	Dosage form:	Strength:	
Directions:	Quantity:	Refills:	
Diagnosis *(submit documentation)*:	Dx code (*required*):		

Has the beneficiary taken the requested non-preferred medication in the past 90 days? *(submit documentation)*..... ☐Yes ☐No

Describe all applicable medical reasons the beneficiary cannot use the preferred medication(s) in the same Preferred Drug List class. *Submit documentation (e.g., recent chart/clinic notes, diagnostic evaluations, lab results, etc.) supporting this non-preferred request.*

☐Treatment failure or inadequate response with preferred medication(s) *(include drug name, dose, and start/stop dates)*:

_____

_____

☐Unacceptable side effects, hypersensitivities, or other intolerances to preferred medication(s) *(include description and drug name(s))*:

_____

_____

☐Contraindication to preferred medication(s) *(include description and drug name(s))*:

_____

_____

☐Unique clinical or age-specific indications supported by FDA approval or medical literature *(describe)*:

_____

_____

☐Absence of preferred medication(s) with appropriate formulation *(list medical reason formulation is required)*:

_____

_____

☐Drug-drug interaction with preferred medication(s) *(describe)*:

_____

_____

☐Other medical reason(s) the beneficiary cannot use the preferred medication(s) *(describe)*:

_____

_____

☐**For renewal requests of previously approved medications, submit documentation of tolerability and beneficiary's clinical response.**

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Prescriber Signature:	**Date**:

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