

SURVEY RESULTS OF CONTEMPORARY U.S. HEALTH PLAN POLICIES: NEW CHALLENGES, DIGITAL TECHNOLOGIES, VALUE-BASED CONTRACTING, AND COMPARATIVE EFFECTIVENESS RESEARCH

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The TPG-National Payor Roundtable (TPG-NPRT) focuses on market access programs within the United States, is a subsidiary of The Pharmacy Group, and maintains a database of Chief Medical Officers and Chief Pharmacy Officers in the United States.



Better Health Worldwide provides evidence-based research and support to the healthcare industry. We partner with pharmaceutical and device manufacturers to develop and conduct domestic and international clinical-based advisory board programs, conduct retrospective research and communicate findings with an emphasis on outcomes, absenteeism and the impact of conditions on caregivers.

BACKGROUND

- Health plan management is rapidly evolving and tools are being incorporated into practice management for administering health care. This poster covers critical areas of contemporary interest:
 - Concerns about the financial impact of new therapies and technologies
 - Expected impact and use of Biosimilar medications
 - Policies to restrict the use of Opioids
 - Digital technologies, including web and PDA (personal digital assistant) applications continue to grow within patient management, and various services. Budget impacts are expected as these technologies evolve and are adapted
 - Value Based Contracting (VBC) is evolving for various disease and service categories with growth predicted in this technique
 - Cost Effectiveness Research (CER) utilization has grown in volume and application as better evidence has evolved

OBJECTIVES

- Gain a better understanding of current health plan management and tools
- Compared results with prior surveys

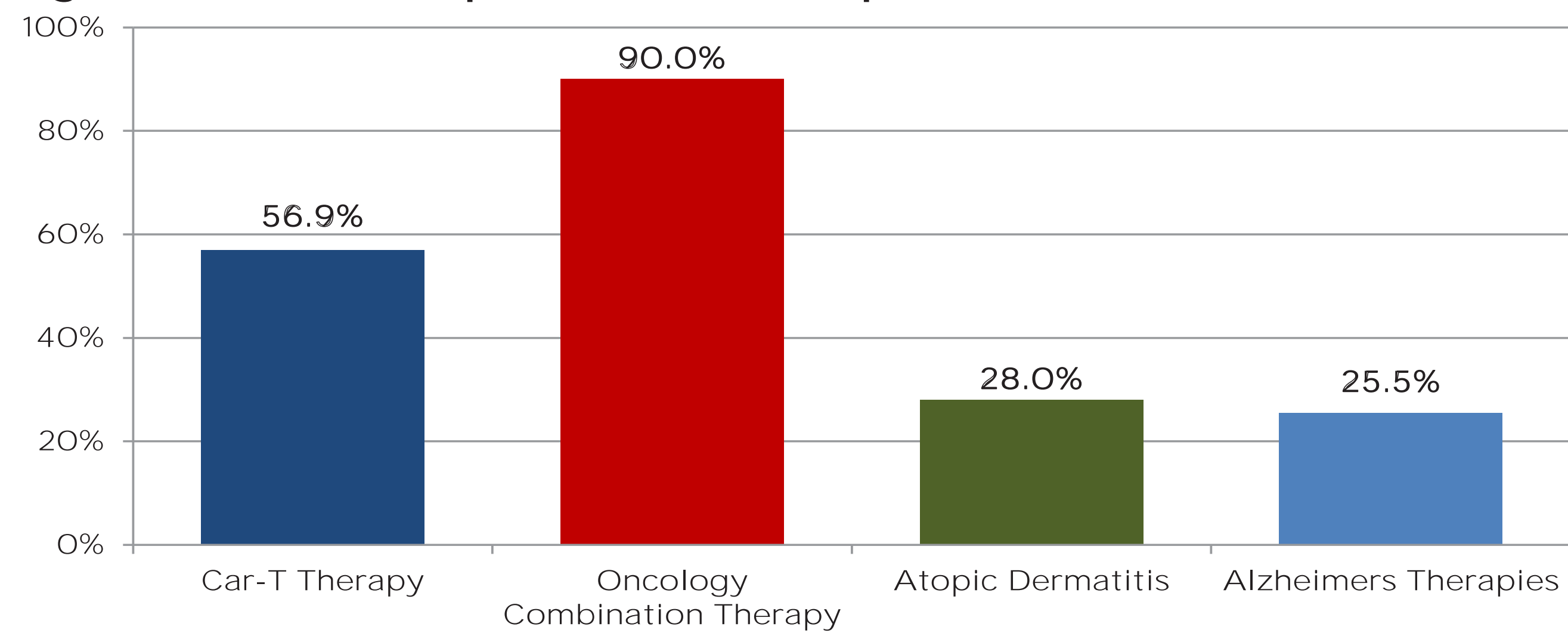
METHODS

- An online, interactive survey was developed with 79 questions and topics included:
- Material or financial incentives were not offered for completion of the survey
 - Policies to combat opioid abuse
 - Expected operational challenges to the use of biosimilars
 - The growing use and availability of digital technologies and their budget impact
 - Use and expectations for Value Based Contracting (VBC)
 - Cost Effectiveness Research (CER) uptake and use
 - Access to information and use of Evidence Based Medicine (EBM)
- Invitations to participate were sent to Medical and Pharmacy Directors working with US health plans, PBMs, and insurers from the TPG-NPRT database in November 2018
 - Survey invitations were received and reviewed by 247 managed care decision makers
- Results were compared with prior surveys

RESULTS

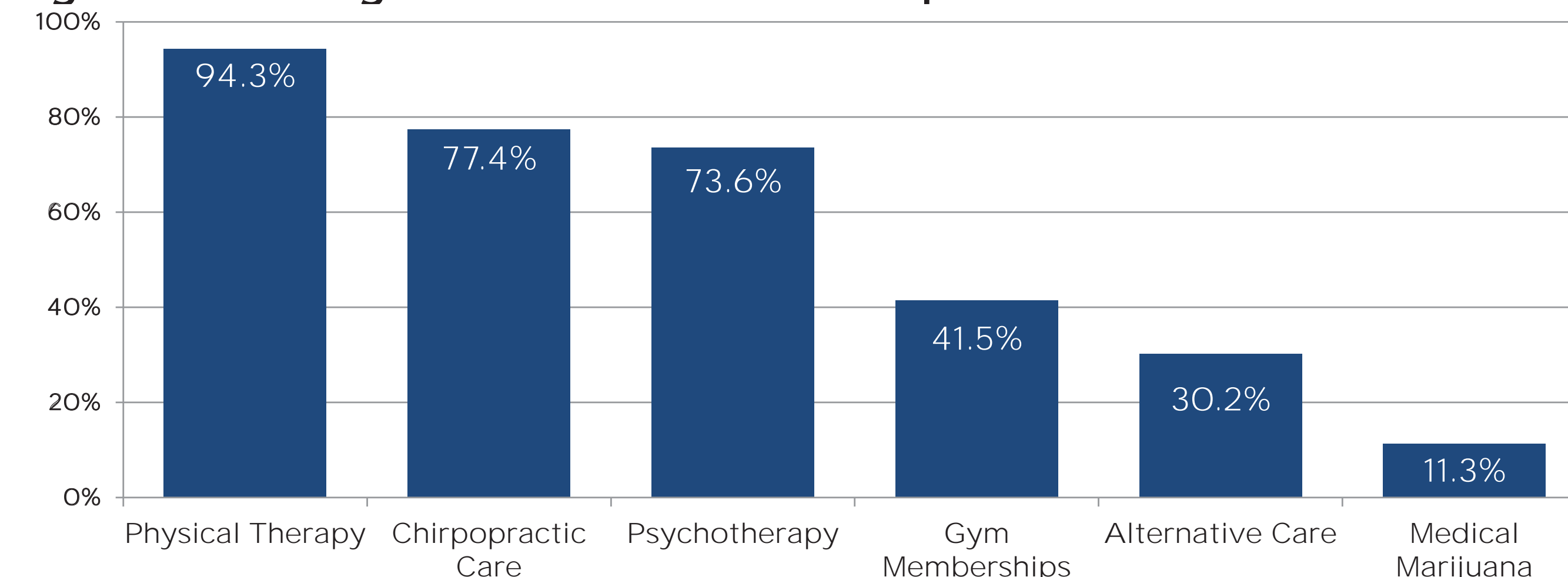
- A total of 85 respondents (12.8% response rate) completed the survey, some questions were not answered by all respondents
- The most financial impact of new therapies from Oncology combination therapy (68% of plans), followed by chimeric antigen receptor (CAR)-T, and therapies for atopic dermatitis and Alzheimer's disease (Figure 1)

Figure 1: Financial Impact of New Therapies



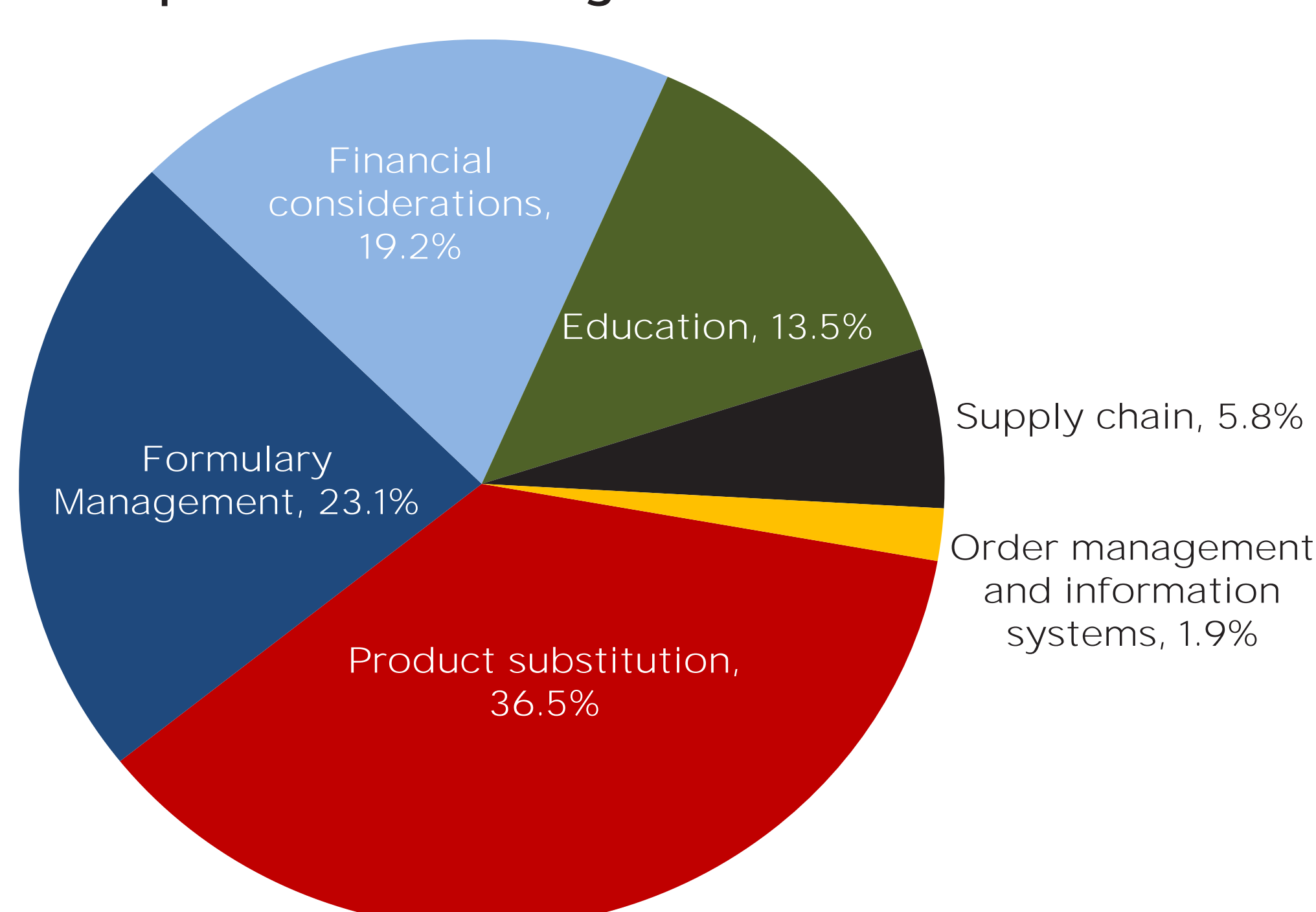
- In addition to covering traditional medical care and prescription drugs, health plans cover a variety of non-medical therapies (Figure 2)
 - Coverage decreased for:
 - Psychotherapy by 12.1%
 - Alternative care by 6.5%
 - Chiropractic care by 6.3%
 - Coverage increased for:
 - Medical marijuana by 9.3%
 - Gym memberships by 6.8%
 - Physical therapy by 1.6%

Figure 2: Coverage of Non-Medical Therapies



- Challenges to biosimilar use: product substitution=36.5%, formulary management=23.1%, financial=19.2%, education=13.5%, supply chain=5.8%, systems=1.9% (Figure 3)

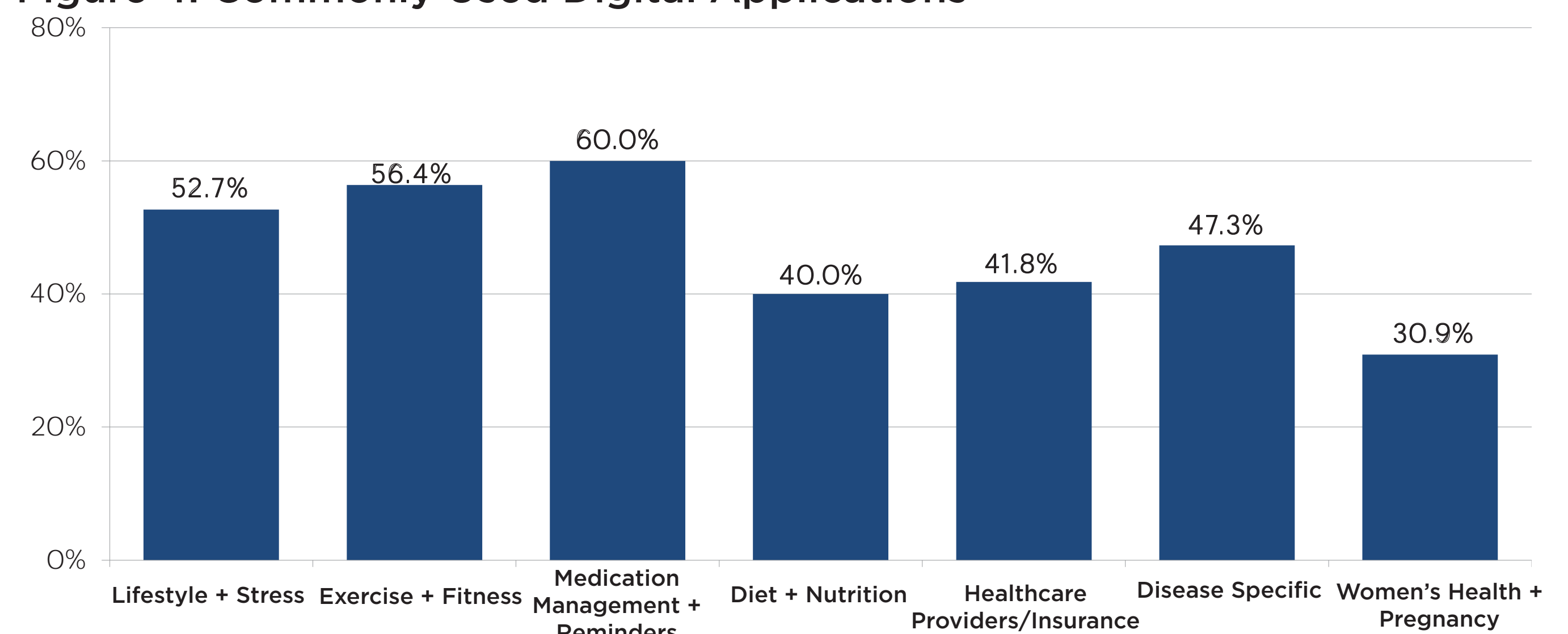
Figure 3: Operational Challenges to Use of Biosimilars



RESULTS CONTINUED

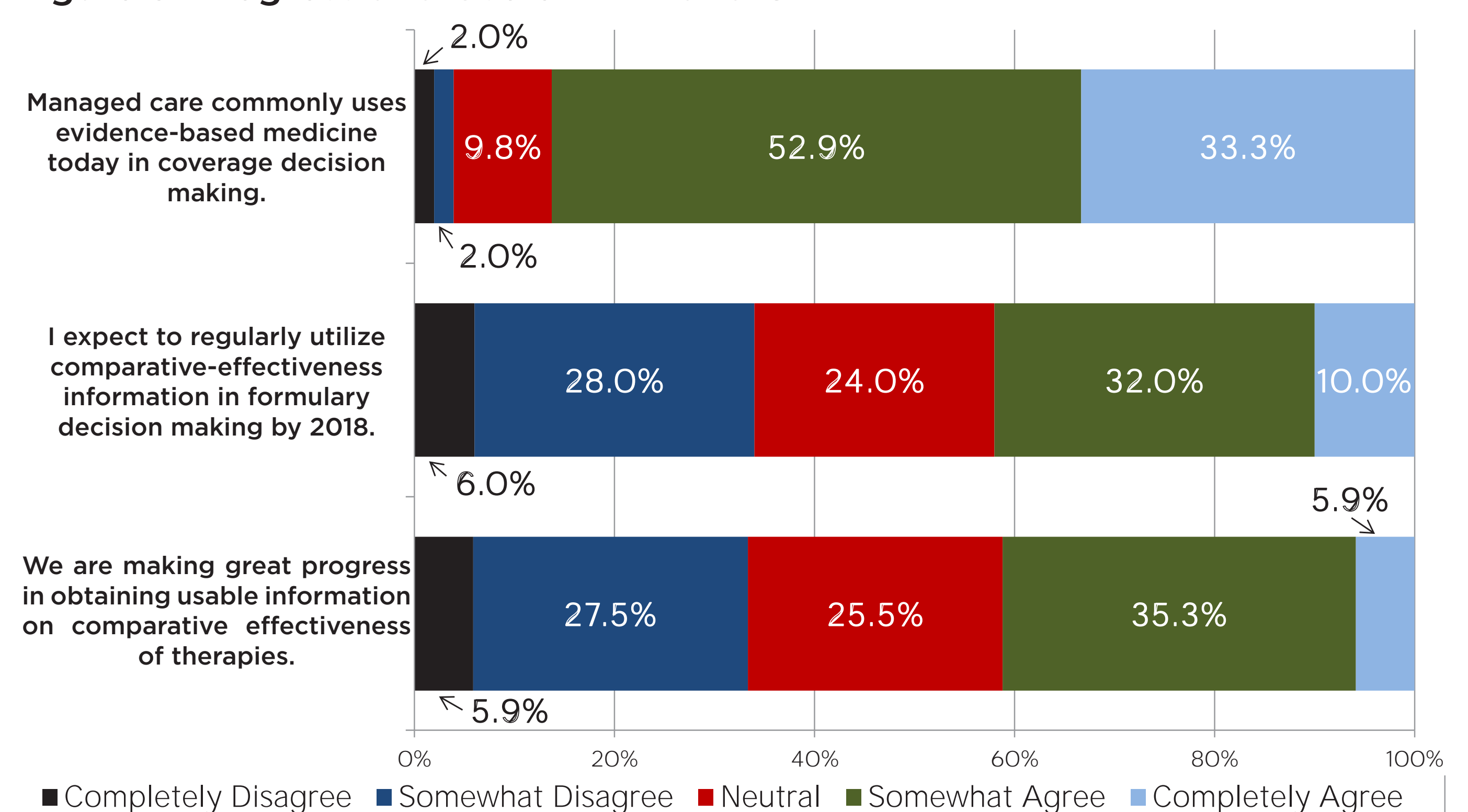
- To combat Opioid abuse: 50.8% are enacting more restrictive prescribing restrictions, 39.7% following local restrictions:
 - 4.8% are Prior-Authing all Opioid prescriptions
 - 3.2% are advocating alternative pain management
 - 1.6% are limiting indications
- Most plans support some digital health programs with the cost impact expecting to:
 - Increase costs 32.2%, up 22% from last year
 - Be budget neutral 42.4%, down 17.6% from last year
 - Lower costs 25.4%, down 18% from last year
- Common uses for digital health includes:
 - Messaging 70.7%, down 9.3% from last year
 - Telemedicine 69%, down 9.2% from last year
 - Web programs 62.1%, down 8.8% from last year
 - Personal health records 44.8%, up 6.1% from last year
 - Consumer apps 39.7%, down 3.9% from last year
 - Disease management applications 29.3%, down 1.6% from last year
- Commonly used digital applications are shown in Figure 4
 - Applications decreasing from last year:
 - Lifestyle and stress by 17.9%
 - Exercise and fitness by 8.3%
 - Disease-specific purposes by 1.7%
 - Applications increasing from last year:
 - Diet and nutrition by 14.9%
 - Healthcare providers or insurance by 7.2%,
 - Women's health and pregnancy 1.5%
 - Medication reminders and information by 1.2%

Figure 4: Commonly Used Digital Applications



- Value Based Contracting (VBC) is being used for services in <45% of plans, for pharmaceuticals only 41.5%↓5.3%
- Prescription VBC is expected to increase to 49% in 2019
- Disease areas that are using VBC for prescriptions include, but are not limited to, Oncology, Hepatitis-C, Multiple Sclerosis, Diabetes and Specialty Rx products
- Evidence Based Medicine (EBM) and Comparative Effectiveness Research (CER) progress is shown in Figure 5
 - 86.3% believe Evidence Based Medicine (EBM) is commonly used in coverage decision making
 - 42%↑21% expect to regularly utilize Comparative Effectiveness Research (CER) in formulary decision making by 2018
- 41.2%↑8.8% believe they obtain usable CER today
- CER is being applied to value of care decisions, clinical guidelines as well as medical and pharmacy benefit management

Figure 5: Progress and Use of EBM and CER



CONCLUSIONS

- With the rapidly shifting health care marketplace, politics, and regulation are affecting payers' willingness to participate in the ACA
- Health plan coverage continues to cover most therapies. Medical Marijuana was mentioned as an alternative medicine consideration and will grow as FDA approved therapies enter the marketplace
- Digital Health tools offer more information and insights into care and are generally expected to be budget neutral
- Value based contracting is growing but slower than expected; 45% of respondents do expect this to increase
- CER and EBM continues as a promising tool but the quality of information still demands improvement
- Managed care plans adopt tools to better manage member health. Digital Health and VBC use growing (slower than expected), CER and EBM continue to be promising tools and need better information



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