



Value Based Solution Providers

Thank you for being a valued partner with Aetna Better Health of Maryland. Over the past few years, we have been noticing an increase in the utilization of opioids by our members and want to make you aware of some of the trends which we are seeing.

Risk of Continued Opioid Use – Members are at a higher risk for developing an opioid use disorder after being prescribed a long-term opiate for the first time. This measure finds the number of members who received their first opiate prescription in 180 days or their first prescription since November 1st, and calculates the percentage that had 50% days covered by opiates in the first month or two months from their initial prescription start date.

High Dose - Members are at a higher risk for developing an opioid use disorder after being prescribed a high dosage opioid. This measure identifies all members who received two or more prescriptions for opiates on different dates of service in the past year who had more than 15 days covered by an opiate of 90 Milligram Morphine Equivalent or more.

Use of Opiates from Multiple Prescribers and/or Pharmacies – Members receiving opiates from multiple prescribers or pharmacies could indicate drug seeking behavior. The measure identifies members who received opiates from four or more prescribers or pharmacies in the past year of all members who received 2 or more prescriptions for opiates

We wanted to make you aware of the opiate prescribing patterns of some of your patients as a way to help coordinate care between your primary care patients and any specialists in play. Members falling into measures does not mean that the member has opioid use disorder, and does not represent a request from the plan to discontinue opiates. Only to spread awareness and help our members live pain free lives as safely as possible.

To monitor member prescription drug activity, please always consult the Maryland Prescription Drug Monitoring Program tool, accessible within the State Designated Health Information Exchange (HIE) CRISP. For more information, please visit [CRISP's website](#). For any additional questions, please contact your Aetna Better Health of MD Quality Practice Liaison or Network Manager.

Alternative forms of pain management and care support through the plan include patient-centered care management, Physical, and Occupational Therapy at no cost to the member. Additionally, the plan has benefits like Over-The-Counter Health Solutions (*OTCHS*) which provides members \$25 per member per month at CVS health locations to cover the cost of approved pain-relieving items such as NSAIDS, Topicals, and other therapeutic equipment.

We thank you for your efforts in supporting the health and wellness of our members and deeply value your partnership!