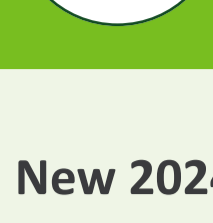




Humana Physician News

Q4 2023 Newsletter for in-network physicians, clinicians and office staff to support you in the care of your Humana-covered patients



Partner with Humana for a seamless start to the new year

New 2024 preauthorization list and notification requirements

Lists of services and medications that may require preauthorization for patients with Medicaid, Medicare Advantage (MA), dual Medicare-Medicaid and commercial coverage are **now available**. Please review the detailed information at the top of the lists for exclusions and other important information before submitting a preauthorization request.

Have patients who are new to Humana? Ensure your patients transition into their new benefits plan seamlessly by following **your current process** for notifying Humana or their patient’s primary care physician of any active treatment or care plan.

Important changes to formulary coverage in 2024

Humana has developed resources to equip clinicians with useful information to help members achieve their best health, as important changes are coming to formulary coverage in 2024.

The Commonly Prescribed Drug List (CPDL) identifies covered agents in select therapeutic classes that may be the most effective and affordable options for members. Please review general formulary coverage below:

- [Medicare Advantage Prescription Drug \(MAPD\) Plans CPDL](#)
- [Prescription Drug Plans \(PDP\) CPDL](#)

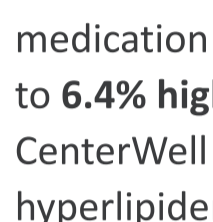
To help improve Humana members’ access to continuous glucose monitor supplies, coverage will be made available for select products at the pharmacy. Find more information [here](#).

Coming Jan. 1: Polypharmacy point-of-sale safety edit updates

The processing of polypharmacy safety edits is changing. Certain drugs and drug classes (anticholinergic: antihistamines, antimuscarinics, antispasmodics and antiemetics; central nervous system*: opioids, benzodiazepine and nonbenzodiazepine sedative-hypnotics, first-generation antipsychotics, tricyclic antidepressants, paroxetine, gabapentin and/or pregabalin) will require a provider prior authorization if concurrent use of multiple anticholinergic agents or central nervous system agents is identified. This will ensure appropriate use and avoid potential polypharmacy safety adverse events.

[Learn more →](#)

*Applies only to Medicare Advantage Part D members in contracts H1019 [CarePlus], H1036 [FL/NC/MS], H1951 [LA], H4141 [GA] and H4461 [TN] and if patient had no use within the past 180 days.



CenterWell Pharmacy® can help with statin use in persons with diabetes

CenterWell Pharmacy mail delivery makes it easier for its customers to access the medication they need. In fact, patients who utilize CenterWell Pharmacy have up to **6.4% higher statin use in persons with diabetes** completion rates versus non-CenterWell Pharmacy users for three disease states: diabetes, hypertension and hyperlipidemia.¹

In addition, the **statin use in persons with diabetes (SUPD) measure**, a quality measure adopted by the Centers for Medicare & Medicaid Services Star Rating program, requires the patient to be 40–75 years old and have at least two diabetes medication fills on different dates of service during the measurement year.² To satisfy this measure, the patient must have at least one fill of any intensity statin medication per measurement year.²

CenterWell clinicians reach out to providers to close statin medication gaps in care for MAPD and PDP Humana patients filling medications with CenterWell Pharmacy.

[Learn more →](#)

Resources and support



New patient resources on diabetes

Go365® offers new patient-facing articles to reinforce the importance of knowing the warning signs of diabetes and effective ways to manage symptoms. Share these resources with your patients online or in your practice.

[7 signs you may have diabetes](#)

[Pairing foot care with diabetes care](#)

Did you know? Eligible Humana MA members have access to the Go365 program, a well-being program that helps close gaps in care and rewards members for engaging in healthy activities, including getting diabetic screenings.

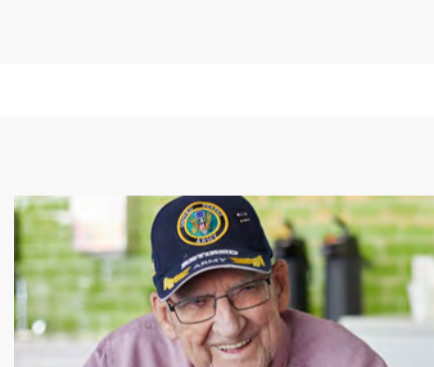


Managing mental health during the holidays

As the holidays approach, so does the incidence of anxiety, depression and suicide. According to the Centers for Disease Control and Prevention, more than 1 in 5 adults live with a mental illness, yet more than half of them do not receive help.^{3,4}

The U.S. Preventive Services Task Force (USPSTF) now recommends screening adolescents ages 12–18 and adults 18–64, including pregnant persons, for depression and suicide. Screening for anxiety in children and adolescents 8–18 and adults ages 18–64 is recommended.

[View recommendations →](#)

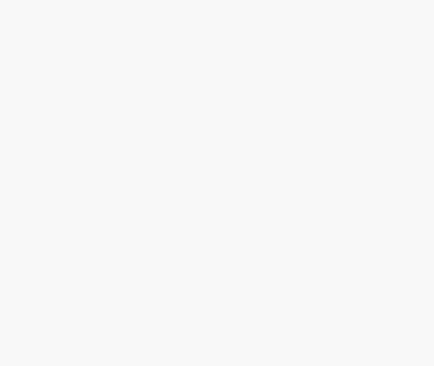


Flu season is here. Find vaccination claim codes for reimbursement.

Get the appropriate administration, vaccine and diagnosis codes to facilitate correct reimbursement for the 2023–2024 season.

[Get codes now →](#)

Para español, [haga click aquí](#).

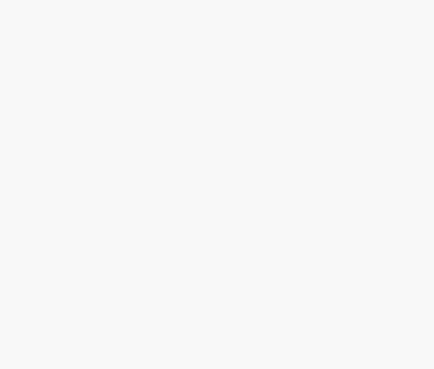


Cultural competency improves health equity for veterans

To improve healthcare for veterans, Humana partners with **PsychArmor**, a nonprofit that offers training to provide clinicians with educational resources to understand the unique needs of service members, veterans, their families and caregivers.

PsychArmor’s Veteran Ready training—some eligible for continuing education (CE) credits—offers a series of courses specifically designed for clinicians with a focus on military culture. In fact, those who have taken **PsychArmor** courses report a nearly **50% increase in confidence** when working with military-affiliated patients.⁵

[Start learning →](#)



Minimize drug waste and help lower your patients’ out-of-pocket expense

As costs of expensive infusible and injectable drugs and biologics rise, vial size optimization (VSO) can minimize drug waste and help lower your patients’ out-of-pocket expense.

VSO occurs when single vial or vial combinations that generate the least amount of justifiable waste are used. For example, when a patient needs 150 mg of a drug that comes in 50 mg and 200 mg vial sizes, VSO occurs when three 50 mg vials are utilized instead of one 200 mg vial.

[Read more →](#)

Additional links

[Preauthorization, referrals and medical and pharmacy coverage policies →](#)

[Making It Easier: Series about doing business with us →](#)

[Important policy reminders →](#)

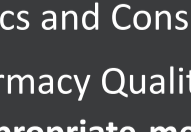
[Clinical practice guidelines →](#)

[Claims payment policies →](#)

[Behavioral health guidelines →](#)

[Claims processing edits →](#)

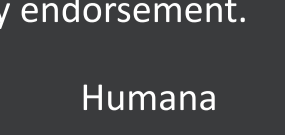
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1. “Estimating the Value of Humana Pharmacy Usage with Causal Diagrams and Bayesian Additive Regression Trees: A Study of Medical Costs and Medication Adherence Rates at the Member Level,” Pharmacy Analytics and Consulting, 2021.
 2. “Appropriate Medication Use,” Pharmacy Quality Alliance, last accessed Aug. 24, 2023, <https://www.pqaalliance.org/appropriate-medication-use>.
 3. “About Mental Health,” Centers for Disease Control and Prevention, last accessed Aug. 24, 2023, <https://www.cdc.gov/mentalhealth/learn/index.htm>.
 4. “Stigma, Prejudice and Discrimination Against People with Mental Illness,” American Psychiatric Association, last accessed Aug. 24, 2023, <https://www.psychiatry.org/patients-families/stigma-and-discrimination>.
 5. “Post Course Evaluation Survey,” PsychArmor, data collected: 2019–2023.

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