

# BCBS COMPANIES ARE FIGHTING THE OPIOID EPIDEMIC

As the healthcare partner to **one in three Americans**, Blue Cross and Blue Shield (BCBS) companies are addressing the crisis in communities around the country, while ensuring that patients get the right care in the right setting. Here are some examples:



## REDUCING PRESCRIPTIONS

- **Independence BC** reduced the number of members using opioids by **45%** since 2017.
- In 2017, **Capital BlueCross** reduced opioids dispensed by **42%** and decreased the number of members using opioids by **12%**.
- Over the past five years, **Anthem** has reduced the number of opioids filled at pharmacies by **30%**.
- Opioid prescriptions at **BCBS of Rhode Island** have been reduced by **25%** since 2014.
- In West Virginia, **Highmark** has decreased the number of patients receiving opioids from multiple prescribers by **20%**.



## RECOVERY AND TREATMENT

- Every **BCBS company** endorses the **CDC guideline** for prescribing opioids for chronic pain and **covers non-opioid pain treatment** options and **medication-assisted treatments**.
- **BCBS of Michigan** identifies members who may have overdosed on opioids or heroin and sends them to an in-network behavioral health partner through its **Opioid Overdose Monitoring Pilot**.



## EDUCATION

- **BCBS of North Dakota, Excellus & BCBS of New Mexico** participate in **Project Echo** – a training tool for providers to virtually share best practices.
- **Premera's Pain Management Coaching** program with MOBE Health provides customized outreach and coaching services to members battling chronic pain.
- **BCBS of Western New York** educates families in the recovery process for addiction through its **House of Hope** program.



## DETERRING FRAUD AND ABUSE

- **FEP®** limits the number of retail pharmacy options an at-risk member may use for prescription reimbursement through its **Pharmacy Lock-In** Program.
- **HSCS** provides fraud detection, investigation and preventative services with its **Special Investigations Department**.
- **Blue Shield of California's** interdisciplinary case management program addresses quality, fraud, waste and abuse.

To learn more about all the ways BCBS companies are fighting the opioid crisis, please contact [press@bcbsa.com](mailto:press@bcbsa.com).