



Mini-HealthFlex Summit—April 2019



Wespath


BENEFITS | INVESTMENTS

Making an Impact on Opioids

Overview of the Epidemic

Opioid overdose was the leading cause of death among Americans under the age of 50 in 2017

On average, 130 Americans die every day from an opioid overdose

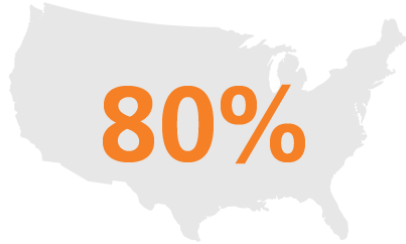
 The cost of the opioid epidemic in 2015 was 2.8% of U.S. GDP, or \$504 billion

- Lost lives, lost productivity, health care costs, treatment, criminal justice etc.

Source: CDC, United Healthcare; Turn the Tide Rx: the Surgeon General's call to end the opioid crisis

Opioid Epidemic

Approximately 4.5 million estimated U.S. citizens are addicted to prescription opioids¹



U.S. consumption of
all world prescription
opiate supply²



estimated annual costs
of U.S. opioid epidemic³



25%

of all workers'
compensation costs
relate to opioids⁴

Workers who use prescription opioids for 3 months or more almost never return to work⁴



Source: Annual Revenue of Public Health 2015; 36:559-574; HR Today: March 1, 2016

The History of Opioid Prescriptions

Prior to 1980s, opioids were reserved for short-term, highly acute pain management, cancer treatment and end-of-life palliative care

1987

MS Contin was approved

1995

Oxycontin was approved and “pain as 5th vital sign” campaign launched

1996

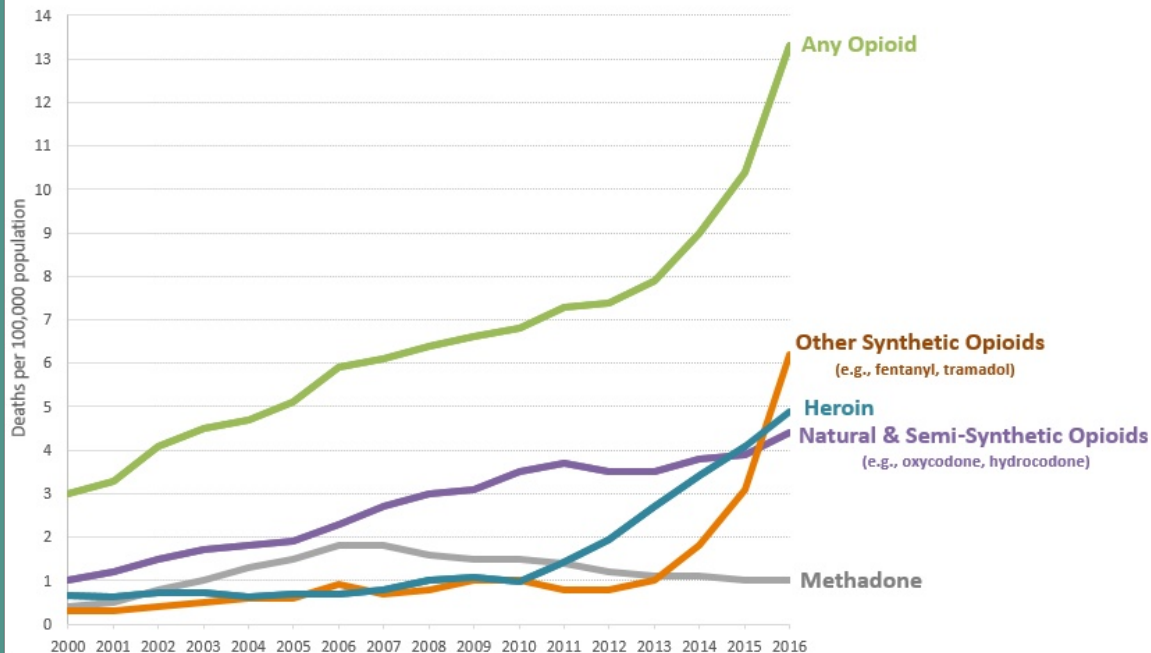
Multiple opioid products enter market and manufacturers start spending millions in marketing

In 2016, the CDC issued new guidelines in physician opioid prescribing.

Source: OptumRx; Turning point: Confronting the Opioid Epidemic

Opioids—A Public Health Crisis

Overdose Deaths Involving Opioids, by Type of Opioid, United States, 2000-2016

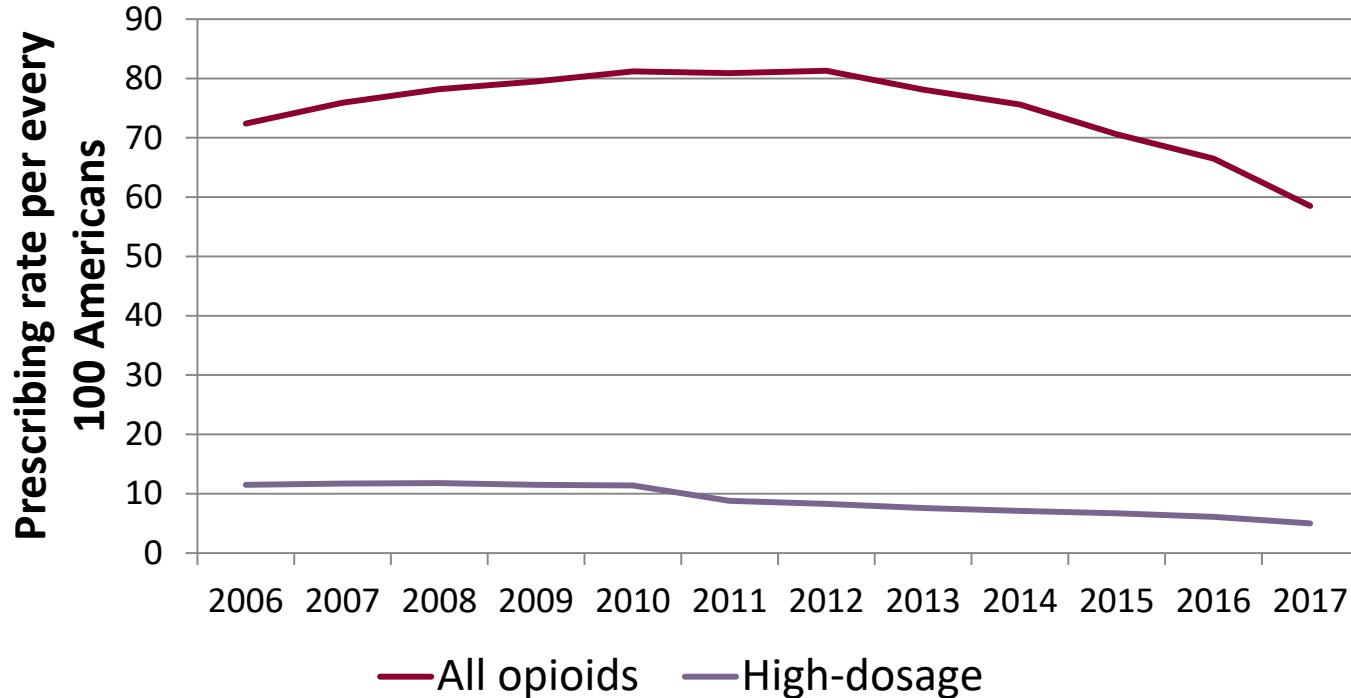


Deaths due to opioids are continuing to get worse!



Source: National Center for Health Statistics, CDC

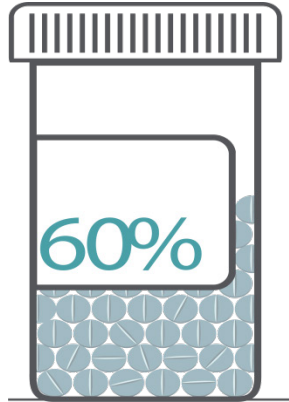
The History of Opioid Prescriptions



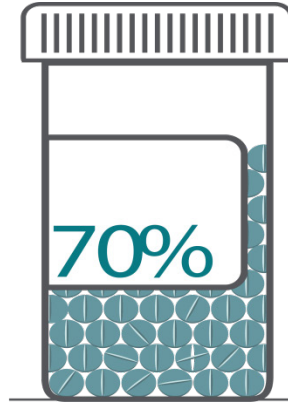
Over 200 million
opioid
prescriptions
written in 2017

Average days
per prescription:
18 days

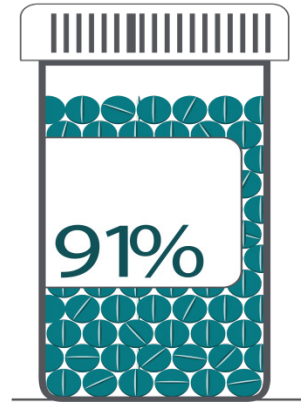
Easy to Obtain



60% of Americans have leftover narcotics in their home



70% of misused opioid prescriptions come from a friend or relative



91% of individuals treated for overdose receive a new opiate prescription

30% of patients using opioids for more than 30 days will still be taking opioids after one year.

Source: OptumRx; Turning point: Confronting the Opioid Epidemic

Opioid Use in HealthFlex

Pharmacy
Claims

Behavioral
Health

Medical
Conditions



Opioids—2018 HealthFlex Pharmacy Claims

Claims: 4,629

Utilizers: 2,063

Some individuals with higher risk:

- 369 (17.9%) considered high utilizers (3+ scripts within 120 days)
- 55 members (2.7%) fill opioids at more than three pharmacies and 154 (7.5%) have opioid prescriptions from more than three providers
- 58 scripts (12.5%) were for medication assisted therapy or rescue therapy
 - 16 known cases of overdose (one every three weeks)

Opioid Risk Management Approach

- **Prevention**—OptumRx
 - Educate
 - Minimize early exposure
 - Reduce inappropriate supply
- **Treatment**—OptumRx and Behavioral Health
- **Support**—Behavioral Health and EAP



Opioid Risk Management—Prevention

- 45% of first fills do not fall in compliance with CDC guidelines
- Minimize early exposure by promoting safe alternatives
- Dispensing rules align with CDC guidelines for dosing and duration of therapy



Opioid Risk Management—Treatment

Opioid use disorder (addiction) is a chronic illness

- Remove stigma
- Individualized treatment options
 - Inpatient detoxification
 - Inpatient rehab/residential treatment
- Medication assisted treatment and counseling



Opioid Risk Management—Support

Chronic Management Options

- Outpatient services
- Support groups
- Employee Assistance Program



Opioids—Not Just a Pharmacy Cost

Substance abuse is largest driver of behavioral health costs

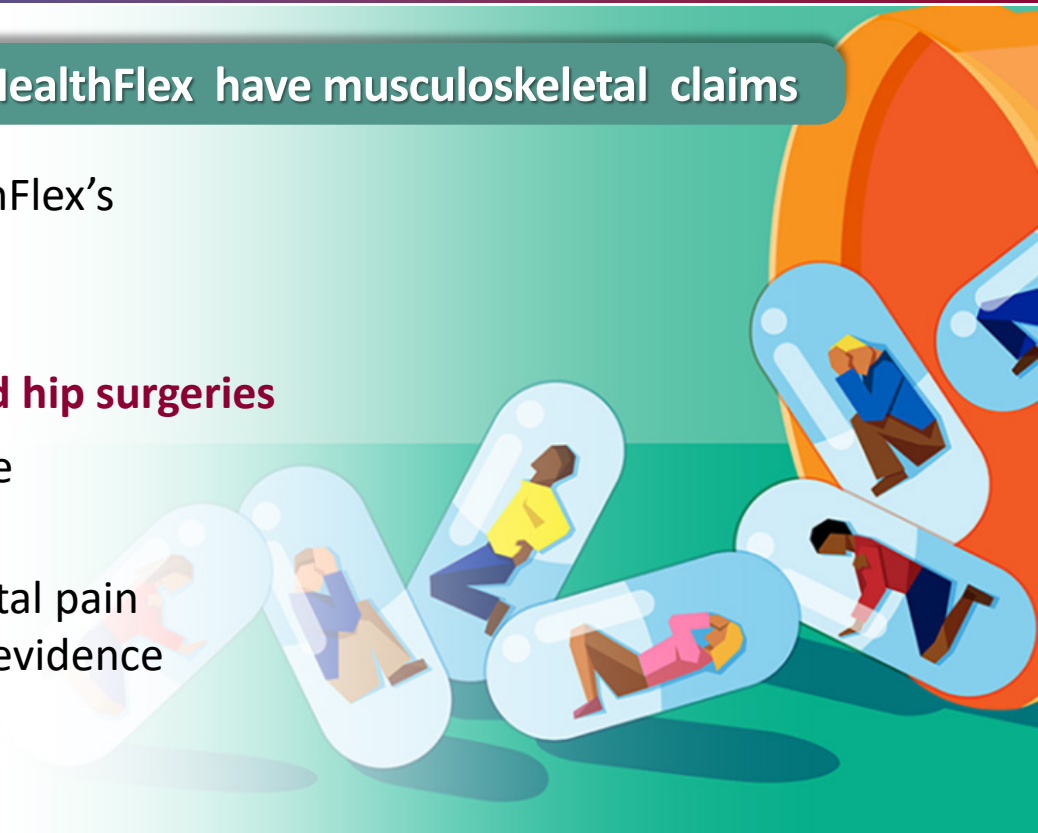
- Costs related to opioid abuse account for 14% of behavioral health spend (2nd to alcohol)
 - \$250,000 in paid claims
 - 23 claimants
- Integrating medication and counseling increases recovery rate to over 50% (vs. 10%)



Relationship to Medical Conditions

~30% of participants with claims in HealthFlex have musculoskeletal claims

- Musculoskeletal concerns are HealthFlex's 2nd **most costly** clinical condition
 - 14% of medical spend
- **\$340,000 in 2018 for back, knee and hip surgeries**
- Also in the top 5 conditions for those on **CPP** long term disability
- Many individuals with musculoskeletal pain are treated with opioids despite no evidence of long term benefits



Other Prevention Opportunities

- Beyond pharmacy management, musculoskeletal management solutions are on Wespath's 3-5 year HealthFlex roadmap
 - Goal to reduce unnecessary surgeries and opioid misuse
 - Alternatives include physical therapy, massage therapy, and weight management
- Current well-being offerings: Virgin Pulse/coaching/diabetes prevention



Other Resources

Opioid Addiction Employee Training Webinar

By our well-being team (May 2019)

**How to recognize the signs and assist
your employees who are struggling**

More info to come!



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