

# CDPHP FORMULARY 2022

**CDPHP FORMULARY 2022** REPRESENTS A CRITICAL RESOURCE FOR MEMBERS ENROLLED IN THE CAPITAL DISTRICT PHYSICIANS' HEALTH PLAN PRESCRIPTION DRUG COVERAGE DURING THE 2022 PLAN YEAR. UNDERSTANDING THE DETAILS OF THE CDPHP FORMULARY 2022 IS ESSENTIAL FOR POLICYHOLDERS TO MAXIMIZE THEIR BENEFITS WHILE MINIMIZING OUT-OF-POCKET COSTS. THIS ARTICLE PROVIDES A COMPREHENSIVE OVERVIEW OF THE CDPHP FORMULARY 2022, INCLUDING ITS STRUCTURE, TIER SYSTEM, COVERED MEDICATIONS, AND HOW UPDATES IMPACT MEMBERS. ADDITIONALLY, IT EXPLAINS THE IMPORTANCE OF FORMULARIES IN HEALTH INSURANCE PLANS AND OFFERS GUIDANCE ON NAVIGATING THE CDPHP FORMULARY TO ENSURE ACCESS TO NECESSARY MEDICATIONS. WHETHER YOU ARE A CURRENT MEMBER OR CONSIDERING CDPHP COVERAGE, THIS DETAILED EXPLORATION OF THE CDPHP FORMULARY 2022 WILL EQUIP YOU WITH THE KNOWLEDGE NEEDED TO MAKE INFORMED DECISIONS ABOUT YOUR PRESCRIPTION DRUG BENEFITS. THE FOLLOWING SECTIONS WILL DELVE INTO THE FORMULARY'S DESIGN, COVERAGE CATEGORIES, AND TIPS FOR OPTIMIZING USE OF THE PLAN'S PRESCRIPTION BENEFITS.

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## OVERVIEW OF CDPHP FORMULARY 2022

THE CDPHP FORMULARY 2022 IS A CURATED LIST OF PRESCRIPTION DRUGS COVERED BY THE CAPITAL DISTRICT PHYSICIANS' HEALTH PLAN FOR THE CALENDAR YEAR 2022. THIS FORMULARY SERVES AS A GUIDE FOR BOTH MEMBERS AND HEALTHCARE PROVIDERS, INDICATING WHICH MEDICATIONS ARE INCLUDED IN THE PLAN'S PRESCRIPTION DRUG BENEFIT. THE PRIMARY PURPOSE OF THE FORMULARY IS TO BALANCE COST, SAFETY, AND EFFICACY, ENSURING THAT MEMBERS HAVE ACCESS TO CLINICALLY APPROPRIATE MEDICATIONS WHILE MANAGING OVERALL HEALTHCARE SPENDING. COVERAGE DECISIONS WITHIN THE FORMULARY CONSIDER THERAPEUTIC VALUE, FDA APPROVALS, AND COST-EFFECTIVENESS. BEING FAMILIAR WITH THE CDPHP FORMULARY 2022 ALLOWS MEMBERS TO ANTICIPATE COVERAGE OPTIONS AND POTENTIAL COSTS ASSOCIATED WITH THEIR PRESCRIPTIONS.

## STRUCTURE AND TIER SYSTEM

THE CDPHP FORMULARY 2022 IS ORGANIZED ACCORDING TO A TIER SYSTEM THAT CATEGORIZES MEDICATIONS BASED ON THEIR COST AND PREFERRED STATUS. THIS TIERED STRUCTURE HELPS DETERMINE THE MEMBER'S COPAYMENT OR COINSURANCE AMOUNT FOR EACH DRUG. UNDERSTANDING THESE TIERS IS CRUCIAL FOR MEMBERS TO ANTICIPATE THEIR OUT-OF-POCKET EXPENSES.

## FORMULARY TIERS EXPLAINED

THE CDPHP FORMULARY 2022 TYPICALLY INCLUDES MULTIPLE TIERS, WHICH MAY VARY SLIGHTLY DEPENDING ON THE SPECIFIC PLAN. COMMON TIERS INCLUDE:

- **TIER 1 – PREFERRED GENERIC DRUGS:** THESE ARE THE MOST COST-EFFECTIVE MEDICATIONS, USUALLY GENERIC EQUIVALENTS OF BRAND-NAME DRUGS WITH PROVEN EFFECTIVENESS.
- **TIER 2 – PREFERRED BRAND DRUGS:** BRAND-NAME DRUGS THAT THE PLAN PREFERS DUE TO THEIR CLINICAL EFFICACY AND

#### COST CONSIDERATIONS.

- **TIER 3 – NON-PREFERRED DRUGS:** BRAND-NAME OR GENERIC DRUGS THAT ARE LESS PREFERRED BECAUSE OF HIGHER COSTS OR AVAILABILITY OF ALTERNATIVES.
- **TIER 4 – SPECIALTY DRUGS:** HIGH-COST MEDICATIONS OFTEN USED TO TREAT COMPLEX OR CHRONIC CONDITIONS REQUIRING SPECIAL HANDLING OR ADMINISTRATION.

## IMPACT OF TIERS ON COSTS

EACH TIER CORRESPONDS TO DIFFERENT COPAYMENT OR COINSURANCE LEVELS. TIER 1 DRUGS TYPICALLY HAVE THE LOWEST COPAYS, ENCOURAGING MEMBERS TO CHOOSE THESE COST-EFFECTIVE OPTIONS WHEN APPROPRIATE. CONVERSELY, TIER 3 AND TIER 4 DRUGS REQUIRE HIGHER MEMBER COST-SHARING, REFLECTING THEIR HIGHER PRICES OR SPECIALIZED NATURE. THIS TIER SYSTEM INCENTIVIZES THE USE OF PREFERRED MEDICATIONS WHILE STILL PROVIDING ACCESS TO NON-PREFERRED DRUGS WHEN MEDICALLY NECESSARY.

## COVERED MEDICATIONS AND DRUG CATEGORIES

THE CDPHP FORMULARY 2022 INCLUDES A BROAD RANGE OF MEDICATIONS ACROSS VARIOUS THERAPEUTIC CATEGORIES. THESE CATEGORIES ENCOMPASS DRUGS FOR ACUTE, CHRONIC, AND PREVENTIVE TREATMENTS. THE FORMULARY'S COMPREHENSIVE NATURE ENSURES THAT MEMBERS HAVE ACCESS TO ESSENTIAL MEDICATIONS TAILORED TO COMMON HEALTH CONDITIONS.

## THERAPEUTIC CATEGORIES INCLUDED

SOME OF THE KEY MEDICATION CATEGORIES COVERED BY THE CDPHP FORMULARY 2022 INCLUDE:

- CARDIOVASCULAR AGENTS (E.G., ANTIHYPERTENSIVES, CHOLESTEROL-LOWERING DRUGS)
- DIABETES MANAGEMENT MEDICATIONS
- RESPIRATORY DRUGS (E.G., ASTHMA AND COPD TREATMENTS)
- ANTIBIOTICS AND ANTIVIRALS
- MENTAL HEALTH MEDICATIONS (E.G., ANTIDEPRESSANTS, ANTIPSYCHOTICS)
- GASTROINTESTINAL AGENTS
- IMMUNIZATIONS AND VACCINES
- SPECIALTY DRUGS FOR COMPLEX CONDITIONS LIKE CANCER OR RHEUMATOID ARTHRITIS

## PREFERRED VS. NON-PREFERRED DRUGS

WITHIN THESE CATEGORIES, CDPHP FORMULARY 2022 HIGHLIGHTS PREFERRED DRUGS THAT HAVE BEEN SELECTED BASED ON CLINICAL GUIDELINES AND COST-EFFECTIVENESS. NON-PREFERRED DRUGS MAY REQUIRE PRIOR AUTHORIZATION OR INCUR HIGHER COPAYS. THIS DISTINCTION ENCOURAGES THE USE OF PROVEN, EFFECTIVE MEDICATIONS WHILE MAINTAINING ACCESS TO ALTERNATIVES AS NEEDED FOR INDIVIDUAL PATIENT CIRCUMSTANCES.

# FORMULARY UPDATES AND CHANGES IN 2022

EACH YEAR, THE CDPHP FORMULARY UNDERGOES REVIEW AND UPDATES TO REFLECT NEW DRUG APPROVALS, CHANGES IN CLINICAL GUIDELINES, AND ADJUSTMENTS IN PRICING. THE CDPHP FORMULARY 2022 CONTAINS SPECIFIC UPDATES COMPARED TO PRIOR YEARS, WHICH MEMBERS MUST BE AWARE OF TO AVOID UNEXPECTED COVERAGE ISSUES.

## NEW ADDITIONS AND REMOVALS

THE 2022 FORMULARY INCLUDES NEWLY APPROVED MEDICATIONS INTRODUCED DURING THE YEAR. CONVERSELY, SOME DRUGS MAY BE REMOVED OR MOVED TO NON-PREFERRED TIERS DUE TO THE AVAILABILITY OF SAFER, MORE EFFECTIVE, OR LESS EXPENSIVE ALTERNATIVES. THESE ADJUSTMENTS ARE DESIGNED TO MAINTAIN A FORMULARY THAT ALIGNS WITH CURRENT MEDICAL STANDARDS AND FINANCIAL SUSTAINABILITY.

## CHANGES IN PRIOR AUTHORIZATION REQUIREMENTS

IN 2022, SOME MEDICATIONS ON THE CDPHP FORMULARY MAY HAVE UPDATED PRIOR AUTHORIZATION PROCESSES. THIS MEANS THAT BEFORE A MEMBER CAN RECEIVE COVERAGE FOR CERTAIN DRUGS, HEALTHCARE PROVIDERS MIGHT NEED TO SUBMIT ADDITIONAL DOCUMENTATION DEMONSTRATING MEDICAL NECESSITY. STAYING INFORMED ABOUT THESE CHANGES HELPS MEMBERS AND PROVIDERS AVOID DELAYS OR DENIALS IN PRESCRIPTION COVERAGE.

## HOW TO USE THE CDPHP FORMULARY EFFECTIVELY

MAXIMIZING THE BENEFITS OF THE CDPHP FORMULARY 2022 REQUIRES UNDERSTANDING HOW TO NAVIGATE THE LIST AND COORDINATE WITH HEALTHCARE PROVIDERS. PROPER USE CAN REDUCE MEDICATION COSTS AND ENSURE ACCESS TO NECESSARY TREATMENTS.

## CONSULTING THE FORMULARY BEFORE FILLING PRESCRIPTIONS

MEMBERS SHOULD REVIEW THE CDPHP FORMULARY 2022 BEFORE STARTING OR RENEWING PRESCRIPTIONS. CHECKING THE FORMULARY HELPS IDENTIFY WHETHER A MEDICATION IS PREFERRED, ITS TIER LEVEL, AND ANY RESTRICTIONS OR REQUIREMENTS SUCH AS PRIOR AUTHORIZATION OR QUANTITY LIMITS.

## WORKING WITH HEALTHCARE PROVIDERS

DISCUSSING FORMULARY OPTIONS WITH DOCTORS AND PHARMACISTS IS VITAL. PROVIDERS CAN OFTEN SUGGEST THERAPEUTICALLY EQUIVALENT ALTERNATIVES THAT ARE PREFERRED ON THE FORMULARY, POTENTIALLY LOWERING COSTS AND EASING ACCESS. THEY CAN ALSO ASSIST WITH THE PRIOR AUTHORIZATION PROCESS IF REQUIRED.

## UTILIZING PHARMACIES IN THE NETWORK

FILLING PRESCRIPTIONS AT IN-NETWORK PHARMACIES ENSURES THAT MEMBERS RECEIVE THE NEGOTIATED PLAN BENEFITS. THE CDPHP FORMULARY 2022 IS INTEGRATED WITH PHARMACY NETWORKS TO FACILITATE ACCURATE BILLING AND COST-SHARING BASED ON THE FORMULARY TIERS.

## APPEALING COVERAGE DECISIONS

IF A PRESCRIBED MEDICATION IS NOT COVERED UNDER THE FORMULARY OR IS SUBJECT TO RESTRICTIONS, MEMBERS HAVE THE RIGHT TO APPEAL. UNDERSTANDING THE APPEALS PROCESS PROVIDED BY CDPHP CAN HELP MEMBERS GAIN ACCESS TO

NECESSARY MEDICATIONS WHEN COVERAGE IS INITIALLY DENIED.

## COMMON QUESTIONS ABOUT THE CDPHP FORMULARY

MEMBERS OFTEN HAVE QUESTIONS REGARDING THE CDPHP FORMULARY 2022, ITS APPLICATION, AND HOW IT AFFECTS THEIR PRESCRIPTION BENEFITS. ADDRESSING THESE INQUIRIES HELPS CLARIFY IMPORTANT ASPECTS OF THE PLAN'S DRUG COVERAGE.

### IS THE CDPHP FORMULARY 2022 AVAILABLE ONLINE?

YES, THE FORMULARY IS TYPICALLY ACCESSIBLE THROUGH THE OFFICIAL CDPHP WEBSITE OR MEMBER PORTAL, ALLOWING EASY REFERENCE FOR COVERED MEDICATIONS AND TIER INFORMATION.

### WHAT HAPPENS IF MY MEDICATION IS NOT ON THE FORMULARY?

IF A PRESCRIBED DRUG IS NOT INCLUDED IN THE CDPHP FORMULARY 2022, MEMBERS MAY NEED TO REQUEST AN EXCEPTION OR CONSULT THEIR PROVIDER FOR ALTERNATIVE MEDICATIONS THAT ARE COVERED. NON-FORMULARY DRUGS MIGHT REQUIRE HIGHER COPAYS OR MAY NOT BE COVERED AT ALL.

### HOW OFTEN IS THE FORMULARY UPDATED?

THE FORMULARY UNDERGOES AN ANNUAL REVIEW, WITH POSSIBLE INTERIM UPDATES TO INCORPORATE NEW DRUGS OR ADDRESS SAFETY CONCERNS. MEMBERS SHOULD CHECK REGULARLY FOR THE LATEST VERSION TO STAY INFORMED.

### CAN I USE THE FORMULARY FOR MEDICARE OR MEDICAID PLANS?

THE CDPHP FORMULARY 2022 DIFFERS DEPENDING ON THE SPECIFIC PLAN TYPE. MEDICARE ADVANTAGE OR MEDICAID PLANS ADMINISTERED BY CDPHP MAY HAVE SEPARATE FORMULARIES TAILORED TO THEIR COVERAGE RULES. MEMBERS SHOULD CONSULT THE FORMULARY SPECIFIC TO THEIR PLAN.

## FREQUENTLY ASKED QUESTIONS

### WHAT IS THE CDPHP FORMULARY FOR 2022?

THE CDPHP FORMULARY FOR 2022 IS A LIST OF PRESCRIPTION DRUGS COVERED BY CDPHP HEALTH PLANS DURING THE YEAR 2022, DETAILING COVERAGE TIERS, RESTRICTIONS, AND ANY PRIOR AUTHORIZATION REQUIREMENTS.

### WHERE CAN I FIND THE CDPHP FORMULARY 2022?

THE CDPHP FORMULARY 2022 CAN BE FOUND ON THE OFFICIAL CDPHP WEBSITE UNDER THE PHARMACY OR MEMBER RESOURCES SECTION, OFTEN AVAILABLE AS A PDF DOCUMENT.

### HOW OFTEN IS THE CDPHP FORMULARY UPDATED?

THE CDPHP FORMULARY IS TYPICALLY UPDATED ANNUALLY, WITH POSSIBLE QUARTERLY UPDATES TO REFLECT CHANGES IN DRUG COVERAGE, NEW MEDICATIONS, OR POLICY ADJUSTMENTS.

## DOES THE CDPHP FORMULARY 2022 COVER GENERIC DRUGS?

YES, THE CDPHP FORMULARY 2022 INCLUDES COVERAGE FOR MANY GENERIC DRUGS, OFTEN AT LOWER COPAY TIERS TO ENCOURAGE COST-EFFECTIVE MEDICATION USE.

## ARE SPECIALTY DRUGS INCLUDED IN THE CDPHP FORMULARY 2022?

SPECIALTY DRUGS ARE INCLUDED IN THE CDPHP FORMULARY 2022 BUT MAY HAVE SPECIFIC COVERAGE RULES, HIGHER COPAYS, OR REQUIRE PRIOR AUTHORIZATION.

## HOW DO I CHECK IF MY MEDICATION IS COVERED UNDER CDPHP FORMULARY 2022?

YOU CAN CHECK IF YOUR MEDICATION IS COVERED BY SEARCHING THE DRUG NAME IN THE CDPHP FORMULARY 2022 DOCUMENT OR USING THE ONLINE FORMULARY SEARCH TOOL ON THE CDPHP WEBSITE.

## WHAT ARE THE TIER LEVELS IN THE CDPHP FORMULARY 2022?

THE CDPHP FORMULARY 2022 TYPICALLY CATEGORIZES DRUGS INTO TIERS SUCH AS TIER 1 (GENERIC), TIER 2 (PREFERRED BRAND DRUGS), TIER 3 (NON-PREFERRED BRAND DRUGS), AND TIER 4 (SPECIALTY DRUGS), EACH WITH DIFFERENT COPAY AMOUNTS.

## CAN THE CDPHP FORMULARY 2022 AFFECT MY PRESCRIPTION DRUG COSTS?

YES, THE FORMULARY DETERMINES WHICH DRUGS ARE COVERED AND AT WHAT COPAY LEVELS, DIRECTLY IMPACTING YOUR OUT-OF-POCKET PRESCRIPTION DRUG COSTS.

## WHAT SHOULD I DO IF MY MEDICATION IS NOT COVERED IN THE CDPHP FORMULARY 2022?

IF YOUR MEDICATION IS NOT COVERED, YOU CAN TALK TO YOUR HEALTHCARE PROVIDER ABOUT ALTERNATIVES, REQUEST A FORMULARY EXCEPTION FROM CDPHP, OR APPEAL THE COVERAGE DECISION.

## ADDITIONAL RESOURCES

### 1. *UNDERSTANDING THE CDPHP FORMULARY 2022: A COMPREHENSIVE GUIDE*

THIS BOOK OFFERS AN IN-DEPTH EXPLORATION OF THE CDPHP FORMULARY FOR 2022, EXPLAINING ITS STRUCTURE, DRUG CATEGORIES, AND COVERAGE DETAILS. IT IS DESIGNED TO HELP PATIENTS, HEALTHCARE PROVIDERS, AND PHARMACISTS BETTER NAVIGATE THE FORMULARY SYSTEM. THE GUIDE INCLUDES TIPS ON HOW TO USE THE FORMULARY TO MAXIMIZE BENEFITS AND MINIMIZE OUT-OF-POCKET COSTS.

### 2. *PHARMACY BENEFITS AND FORMULARIES: NAVIGATING CDPHP 2022*

FOCUSING ON PHARMACY BENEFITS MANAGEMENT, THIS BOOK BREAKS DOWN THE SPECIFICS OF THE CDPHP 2022 FORMULARY. IT PROVIDES INSIGHTS INTO HOW FORMULARIES IMPACT MEDICATION ACCESS AND COSTS. READERS WILL GAIN AN UNDERSTANDING OF TIERED DRUG LISTS, PRIOR AUTHORIZATIONS, AND STEP THERAPY PROTOCOLS.

### 3. *MEDICATIONS COVERED BY CDPHP FORMULARY 2022: WHAT YOU NEED TO KNOW*

THIS RESOURCE LISTS AND EXPLAINS THE MEDICATIONS INCLUDED IN THE CDPHP FORMULARY FOR 2022. IT HIGHLIGHTS CHANGES FROM PREVIOUS YEARS AND OFFERS ADVICE ON ALTERNATIVE THERAPIES WHEN CERTAIN DRUGS ARE NOT COVERED. THE BOOK IS IDEAL FOR PATIENTS SEEKING CLARITY ON THEIR PRESCRIPTION OPTIONS.

### 4. *THE ROLE OF FORMULARIES IN HEALTH INSURANCE: CDPHP 2022 EDITION*

THIS TITLE EXPLORES THE BROADER ROLE OF FORMULARIES WITHIN HEALTH INSURANCE PLANS, USING THE CDPHP 2022 FORMULARY AS A CASE STUDY. IT DISCUSSES HOW FORMULARIES INFLUENCE PRESCRIBING PRACTICES AND PATIENT ADHERENCE. THE BOOK ALSO EXAMINES REGULATORY CONSIDERATIONS AFFECTING FORMULARY DESIGN.

#### *5. COST MANAGEMENT AND THE CDPHP FORMULARY 2022*

AIMED AT HEALTHCARE ADMINISTRATORS AND POLICY MAKERS, THIS BOOK ANALYZES STRATEGIES EMPLOYED BY CDPHP IN 2022 TO CONTROL DRUG COSTS THROUGH FORMULARY MANAGEMENT. IT COVERS COST-SHARING MECHANISMS, GENERIC SUBSTITUTION POLICIES, AND THE IMPACT ON OVERALL HEALTHCARE SPENDING.

#### *6. PATIENT ADVOCACY AND THE CDPHP FORMULARY 2022*

THIS BOOK EMPOWERS PATIENTS AND ADVOCATES BY EXPLAINING HOW TO EFFECTIVELY NAVIGATE THE CDPHP 2022 FORMULARY. IT OFFERS GUIDANCE ON APPEALING FORMULARY DECISIONS, UNDERSTANDING EXCEPTIONS, AND WORKING WITH HEALTHCARE PROVIDERS TO SECURE NECESSARY MEDICATIONS. REAL-LIFE CASE STUDIES ILLUSTRATE SUCCESSFUL ADVOCACY EFFORTS.

#### *7. PHARMACOECONOMICS AND THE CDPHP FORMULARY 2022*

DELVING INTO THE ECONOMICS BEHIND DRUG SELECTION, THIS TEXT EXAMINES HOW COST-EFFECTIVENESS ANALYSES SHAPE THE CDPHP 2022 FORMULARY. IT DISCUSSES BALANCING CLINICAL EFFICACY WITH BUDGET CONSTRAINTS AND THE IMPLICATIONS FOR PATIENT CARE. THE BOOK IS USEFUL FOR PHARMACISTS AND HEALTHCARE ECONOMISTS.

#### *8. UPDATES AND CHANGES IN THE CDPHP FORMULARY: 2022 EDITION*

THIS PUBLICATION HIGHLIGHTS THE KEY UPDATES AND MODIFICATIONS MADE TO THE CDPHP FORMULARY IN 2022. IT PROVIDES A COMPARISON WITH PRIOR FORMULARIES AND EXPLAINS THE RATIONALE BEHIND MAJOR CHANGES. HEALTHCARE PROFESSIONALS WILL FIND THIS BOOK VALUABLE FOR STAYING CURRENT WITH COVERAGE POLICIES.

#### *9. HEALTHCARE PROVIDER'S HANDBOOK TO THE CDPHP FORMULARY 2022*

DESIGNED SPECIFICALLY FOR DOCTORS, NURSES, AND PHARMACISTS, THIS HANDBOOK OFFERS PRACTICAL ADVICE FOR PRESCRIBING WITHIN THE CDPHP FORMULARY FRAMEWORK. IT INCLUDES DETAILED DRUG INFORMATION, FORMULARY RESTRICTIONS, AND TIPS TO OPTIMIZE PATIENT OUTCOMES. THE BOOK AIMS TO IMPROVE COMMUNICATION BETWEEN PROVIDERS AND PATIENTS REGARDING MEDICATION ACCESS.

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