

Supporting Appropriate Use of Prescribed Controlled Substance Medications

The Blue Cross and Blue Shield of Montana (BCBSMT) Pharmacy Program includes initiatives to help educate members on the importance of taking medications as prescribed. Members are advised to follow their physicians' instructions, in accordance with the individualized treatment plan that is developed for each member. BCBSMT recognizes that additional support may be needed to help monitor appropriate use, particularly for patients with prescribed drug therapy regimens that include controlled substances.

Effective January 1, 2015, our Controlled Substance Program will be enhanced to include new criteria aimed at identifying members with controlled substance utilization patterns, as identified in BCBSMT's claim system, that may indicate potential abuse, misuse or improper utilization. As part of this program, BCBSMT care management teams will work together and also involve providers to help develop action plans that support our members' care. For example, a plan of action may include applying quantity limits for identified members. Additionally, BCBSMT may assist with coordination of care for complex cases where members may be receiving care from multiple physicians.

This program is not a substitute for the independent medical judgment of health care providers. Providers are instructed to exercise their own independent medical judgment and documentation in reviewing their patients' medical history and prescription drug use.