

Newsflash

Issue 2015.01

According to ProCare Rx's analytics team, the drug inflation rates year-to-date are as follows:

ALL DRUGS 9.10%
BRANDS 13.10%
GENERICS -8.36%
SPECIALTY 13.07%

Formulary Changes

For a complete list of formulary changes, please visit our website at <http://www.procarerx.com>

Drug	Condition	New Tier
Androgel 1.0%	Testosterone	Tier 3
Androgel 1.62%	Testosterone	Tier 2
Avelox	Antibacterial	Tier 3
Brisdelle	Depression	Tier 2
Finacea	Rosacea	Tier 2
Forfivo XL	Depression	Tier 2
Hysingla ER	Pain	Tier 2
Incivek	Hepatitis C	Tier 3
Incruse Ellipta	COPD	Tier 2
Jardiance	Type 1 Diabetes	Tier 2
Myfortic	Kidney Transplant	Tier 3
Norditropin	Growth Hormone	Tier 2
Nitrolingual	Heart Disease	Tier 3
Omnitrope	Growth Hormone	Tier 3
Otrexup	Rheumatoid Arthritis	Tier 2
Renvela Pak	Hypocalcemia	Tier 2
Striverdi	COPD	Tier 2
Tanzeum	Type 2 Diabetes	Tier 3
Topiramate ER	Seizures	Tier 1
Vimovo	Pain	Tier 2
Zorvolex	Pain	Tier 3

Previous issues of Newsflash can be viewed under "Publications" at: www.ProCareRx.com

Heat Up Your Winter Workout

While many of us plan to jump-start our fitness routines after New Year's Day, odds are those plans will falter quickly. In fact, January is usually when people in the U.S. exercise the least, according to the Gallup-Healthways Well-Being Index. The weather can be blamed for that. In a recent study, researchers at the University of Michigan confirmed that as temperatures drop, exercise participation also wanes. But according to the American College of Sports Medicine, you can burn up to 40 percent more calories while exercising when it's cold. Here are four steps to improve your cold-weather workout.

STEP 1: Layer up. During exercise, your body uses 20 to 30 percent of its energy for movement, with the remaining 70 to 80 percent released as heat. To retain that warmth, wear clothes in layers that can be loosened or removed to regulate your temperature. Even brisk walking can generate enough heat to make it seem like the outside temperature is 30 degrees warmer than it actually is. To avoid overheating, dress so that you feel slightly chilly at first. For your innermost layer, choose synthetic underwear made of materials like polypropylene or Thermax, which draw perspiration away from your skin and toward the next layer. For your middle layer, add warmth not bulk, with merino wool sweaters and lightweight fleece jackets. Turtlenecks are a good choice, since they can lock in heat. Top your layers with a breathable, water-repellent shell. Look for a jacket with a vent flap on the upper back and underarm zippers to help keep your middle layer dry.

STEP 2: Shield your extremities. They suffer in cold weather because your body reacts to it by reducing blood flow to the surface of the skin to protect vital organs. Here's how to stay warm:

Feet: Winter shoes should have less ventilation and more traction. You might also need a larger size to accommodate an extra or thicker pair of socks.

Hands: Try thin, synthetic gloves underneath cotton gardening gloves. If your hands are still cold, try thick mittens instead of the gardening gloves.

Head: At least 40 percent of your body's heat loss occurs through the scalp. Minimize this by wearing a wind-resistant cap. If your face gets cold, cover with a fleece or wool scarf or a bandana. Protect ears with earmuffs or a thick headband.

STEP 3: Prep with a snack. Start your workout 30 to 60 minutes after eating to benefit from the extra heat your body generates during digestion. This can help you stay warmer, with the food serving as fuel.

STEP 4: Hydrate. Dehydration remains a concern. In addition to sweating, your body loses moisture as it humidifies the cold air you inhale.

The following **New Drugs** were recently approved by the U.S. Food & Drug Administration and added to ProCare Rx's National formulary. Each drug will be reviewed at the next ProCare Rx's P&T Committee meeting in March.



Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Blinicyto (blinatumomab)	Injectable	Treatment acute lymphoblastic leukemia	Tier 3	Prior Auth: No Specialty: No Medical: No
Dyloject (diclofenac sodium)	Injectable	Treatment for pain	Tier 3	Prior Auth: No Specialty: No Medical: No
Kitabis Pak (tobramycin)	Nebulizer Handset	Treatment for cystic fibrosis	Tier 3	Prior Auth: No Specialty: No Medical: No
Lynparza (olaparib)	Oral	Treatment for ovarian cancer	Tier 3	Prior Auth: No Specialty: No Medical: No
Namzaric (donepezil and memantine)	Oral	Treatment for Alzheimer	Tier 3	Prior Auth: No Specialty: No Medical: No
Opdivo (nivolumab)	Injectable	Treatment for Melanoma – Metastatic	Tier 3	Prior Auth: No Specialty: No Medical: No
Rapivab (peramivir)	Injectable	Treatment for influenza	Tier 3	Prior Auth: No Specialty: No Medical: No
Saxenda (liraglutide)	Injectable	Treatment for obesity	Tier 3	Prior Auth: No Specialty: No Medical: No
Signifor LAR (pasireotide)	Injectable	Treatment for acromegaly	Tier 3	Prior Auth: No Specialty: No Medical: No
Soolantra (ivermectin)	Topical	Treatment for acne rosacea	Tier 3	Prior Auth: No Specialty: No Medical: No
Viekira Pak ombitasvir/paritaprevir/ritonavir with dasabuvir)	Oral	Treatment for Chronic Hepatitis C	Tier 3	Prior Auth: No Specialty: No Medical: No
Xtoro (finaxofloxacin)	Ear Drops	Treatment for otitis externa (swimmer's ear)	Tier 3	Prior Auth: No Specialty: No Medical: No
Zerbaxa (ceftolozane and tazobactam)	Injectable	Treatment for Intra-abdominal Infection and urinary tract infection	Tier 3	Prior Auth: No Specialty: No Medical: No

Did you know?

A recent study found that people who ate a medium-sized apple or pear each day – or an equivalent amount of other “white flesh” produce such as bananas, cauliflower, garlic, mushrooms, or onions – were 52 percent less likely to have a stroke over 10 years than those who consumed less or none of these foods.

Five Bad Reasons for Skipping the Flu Shot

Fifty-five percent of the adults in a recent survey by the Consumer Reports National Research Center didn't get the seasonal flu shot last year. Here are their reasons – and Consumer Reports' response.

- 1. I believe in building my natural immunity.** The vaccine builds immunity, too, without the risk of disease or its complications. And since flu viruses change from year to year, the protection you develop one season might not help much the next.
- 2. I don't get the flu.** That's probably just good luck. You can also get the flu with symptoms so mild you don't even notice them – yet still spread the disease.
- 3. Medicine and other remedies can treat the flu.** The antiviral drugs Tamiflu (oseltamivir) and Relenza (zanamavir) can make flu symptoms less severe and shorten the duration by a day or two, but they work best if they're started within two days of the onset of symptoms.
- 4. I worry about side effects or getting the flu from the vaccine.** Side effects are usually limited to soreness at the injection site, aches, low-grade fever, and, in very rare cases, serious allergic reactions or possibly Guillain-Barre syndrome, a neurological disorder. But the shot's benefits against illness far outweigh its risks. It contains an inactivated virus and can't cause the flu. The nasal spray contains a weakened live virus and might cause mild symptoms but not a full-blown infection.
- 5. I don't like shots.** The flu shot uses a small-bore needle so it causes little pain for most people. If that doesn't reassure you, look away. Lying down and standing slowly afterward can help prevent fainting if you are prone to it. Or ask your doctor if you're a candidate for the nasal spray.