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Suite 1300
Boston, MA 02199-7611

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IAI | IMPORTANT ADMINISTRATIVE INFORMATION



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June 2023



Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

Dear Valued Customer:

Welcome to our *Important Administrative Information* June 2023 newsletter, with the latest health care industry news that affects you. This edition's articles are:

- Announcing the Upgraded ahealthyme® Platform
- Quality Care Dosing Limits Have Increased for Select Medications
- Mammograms for Adult Members at Any Age
- Introducing Blue 20/20 PLUS
- New Neonatal Intensive Care Unit (NICU) Program Begins September 1, 2023
- Effective October 1, 2023, Upcoming Changes to the Standard Control with Advanced Control Specialty Formulary
- We've Completed Submission of the CAA Prescription Drug Data Collection (RxDC) Report (2022 Reference Year)

As always, if you have any questions, please contact your account executive.

[IAI June 2023]

Announcing the Upgraded ahealthyme® Platform

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)

We're excited to announce the launch of the upgraded ahealthyme wellness platform. This online wellness program is available to accounts with 500+ subscribers and self-insured accounts with 100+ subscribers. Its features have been enhanced to make it easier for your employees to improve their physical, mental, and social health.

Enhanced features include:

- Thoughtfully designed wellness program with configurable components and opportunities to offer incentives that meet the needs of employees and workplace culture
- Comprehensive health assessment that measures physical and emotional health based on lifestyle, demographics, and personal history
- Personalized wellness plans that provide tools and resources to positively impact overall health, reduce high-risk factors, and develop long-term, healthy habits
- Easy integration with multiple wearable devices to track activities and goals over time, including MyFitnessPal™, Apple Health, Google Fit™, Garmin®, and Fitbit®
- Fun and inclusive challenges, such as logging steps and engaging in physical and emotional well-being activities for teams and individuals
- Interactive health and wellness courses with content curated by experts
- Integration with Blue Cross claims, such as preventive screenings and wellness visits
- Mobile app for on-the-go access
- 24/7 access to reporting, so you can gain insight into your employees' participation, which will help drive engagement

How You'll Transition to the New Platform

The current ahealthyme program will continue through 2023, and you'll transition to the new platform on your renewal date. Your health engagement strategist will partner with you to make sure you have a smooth transition. If your account isn't currently configured on ahealthyme or is 1-99 members, it will sunset December 31, 2023. We'll send further communications on this update in the fall.



To learn more, contact your Health Engagement Strategist or account executive.

Quality Care Dosing Limits Have Increased for Select Medications

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)
- ✔ Municipal
- ✔ MIIA

To give doctors greater flexibility when prescribing certain controlled substances, we've doubled the quality care dosing limit for the medications listed below. The change took effect on April 12, 2023 and applies to plans that have pharmacy coverage through Blue Cross Blue Shield of Massachusetts and use the Blue Cross formulary.

The following medications increased coverage to 60 units for a 30-day supply:

- AMPHETAMINE/DEXTROAMPHETAMINE CAP 5MG ER
- AMPHETAMINE/DEXTROAMPHETAMINE CAP 10MG ER
- AMPHETAMINE/DEXTROAMPHETAMINE CAP 15MG ER
- AMPHETAMINE/DEXTROAMPHETAMINE CAP 25MG ER
- METHYLPHENIDATE TAB 18MG ER
- METHYLPHENIDATE TAB 27MG ER
- METHYLPHENIDATE TAB 54MG ER

The following medications increased coverage to 120 units for a 30-day supply:

- AMPHETAMINE/DEXTROAMPHETAMINE CAP 20MG ER
- AMPHETAMINE/DEXTROAMPHETAMINE CAP 30MG ER
- METHYLPHENIDATE TAB 36MG ER



If you have any questions, contact your account executive.

Mammograms for Adult Members at Any Age

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)
- ✔ Municipal
- ✔ MIIA

All HMO, PPO (including POS and EPO), and Indemnity plan members are covered for at least one preventive-care mammogram screening per year, without age restriction, when ordered by a doctor. This benefit is \$0 cost share to members for in-network services.

Diagnostic imaging—as opposed to imaging for preventive-care purposes—is subject to deductible, copayment, and/or co-insurance.

Members should talk to their doctor to see when getting a mammogram is right for them.

Application of this benefit and the associated cost share continues to be aligned with other plan preventive health screening services. The benefit and its cost share are also in accordance with National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology, and they comply with the Patient Protection and Affordable Care Act.



If you have any questions, contact your account executive.

Introducing Blue 20/20 PLUS

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)
- ✔ Municipal
- ✔ MIIA

Starting July 1, 2023, with the new Blue 20/20 PLUS enhanced coverage (part of Blue 20/20's portfolio expansion), members can get greater savings on their vision care. Members receiving care from PLUS providers, who are already a part of our Blue 20/20 provider networks, will get additional enhanced benefits of a \$0 eye exam copay, and incremental \$50 frame allowance on top of the Blue 20/20 base plan allowance. These benefits can be combined with other offers and discounts to provide even greater savings and a seamless member experience.



More details about Blue 20/20 PLUS are available at bluecrossma.com/employer in the **What's New** section.

New Neonatal Intensive Care Unit (NICU) Program Begins September 1, 2023

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)
- ✔ Municipal
- ✔ MIIA

Starting September 1, 2023, we'll be working with ProgenyHealth[®], an independent health care company dedicated to maternity and infant health, to provide Neonatal Intensive Care Unit (NICU) utilization management and care management services for eligible commercial members.

ProgenyHealth will manage the NICU level-of-care review process and provide comprehensive care management services to babies cared for in the NICU or special care nursery, and for the first year of their life. Babies born prior to September 1, 2023, who were cared for in the NICU, may have their care managed by ProgenyHealth, depending on the level of care. We'll manage the transition to this program.



Complete details about these changes are available at bluecrossma.com/employer in the **What's New** section.

Effective October 1, 2023, Upcoming Changes to the Standard Control with Advanced Control Specialty Formulary

- ✔ Large (100 or more enrolled)
- ✔ Municipal
- ✔ MIIA

Effective October 1, 2023, CVS Caremark[®], an independent company that administers your pharmacy benefits on behalf of Blue Cross Blue Shield of Massachusetts, is updating their formulary (list of covered medications) for select self-insured plans (500+) with the Standard Control with Advanced Control Specialty Formulary. As part of this update, certain medications may:

- No longer be covered (exceptions may be granted)
- Switch tiers
- Have new quantity or dosing limits
- Require prior authorization and/or step therapy
- Be added to the list of covered medications
- Be designated as preferred



Complete details about these changes will be available by August 24, 2023, at bluecrossma.com/employer in the **What's New** section.

We've Completed Submission of the CAA Prescription Drug Data Collection (RxDC) Report (2022 Reference Year)

- ✔ Small accounts (50 or fewer enrolled)
- ✔ Mid-size (51–99 enrolled)
- ✔ Large (100 or more enrolled)
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Under the Consolidated Appropriations Act of 2021 (CAA, 2021), group health plans (fully insured and self-funded) and health insurance issuers offering group or individual health insurance coverage must report certain prescription drug spending and medical cost data annually to the Departments of Health and Human Services, Labor, and the Treasury (Tri-Agencies).

We have successfully submitted plan sponsors' 2022 RxDC information to Centers for Medicare & Medicaid Services, based on benefits that Blue Cross administers and available data.



If you have any questions, contact your account executive.