

# Newsflash

Issue 2015.10

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

**ALL DRUGS 6.40%**  
**BRANDS 7.51%**  
**GENERICS -0.43%**  
**SPECIALTY 9.56%**

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Xenazine	Huntington's Chorea	Aug 17
Delalutin Injection	Progesterone	Aug 24
Mucinex DM	Cough Suppressant	Aug 31
Exelon Patch	Dementia	Sept 3
Mucinex ER	Chest Congestion	Sept 3
Giazo	Ulcerative Colitis	Sept 8
Lescol XL	Cholesterol	Sept 10
Fazaclo ODT	Antipsychotic	Sept 15

While we have done extensive research on these dates, there is a possibility that any given date may change based on legal issues or patent challenges. If we become aware of any changes, we will update this chart in the next issue.

## Formulary Changes

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

Drug	Condition	New Tier
Aerospan	Asthmas	Tier 3

Previous issues of Newsflash can be viewed under "Publications" at: [www.ProCareRx.com](http://www.ProCareRx.com)

## 10 Tips for a Healthy Fall

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

**Think beyond pies and jack-o-lanterns.** All hail the Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Find numerous recipes online for roasted pepitas, pumpkin bread, pumpkin spreads...and numerous other fall delights!

**Get your flu shot.** Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the US Centers for Disease Control and Prevention, the single best way to prevent the flu is to get the flu vaccine each season. And no, the flu vaccine cannot give you the flu.

**Steer clear of the common cold.** Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkin.

**Sign out of Facebook, ditch the fall lineup and head outside.** The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration.

**And while you're outside, get a workout.** Take in the changing scenery on a run, hike or a bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150 pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

**Scare off those Halloween candy cravings.** Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.



The following **New Drugs** were recently approved by the U.S. Food & Drug Administration and added to ProCare Rx<sup>®</sup> National formulary. Each drug will be reviewed at the next ProCare Rx<sup>®</sup> P&T Committee meeting.

Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Addyi (flibanserin)	Oral	Treatment for hypoactive sexual desire disorder for a woman	Tier 3	Prior Auth: No Specialty: No Medical: No
Durlaza ER (aspirin)	Oral	Prevention of stroke and acute cardiac events	Tier 3	Prior Auth: No Specialty: No Medical: No
Keveyis (dichlorphenamide)	Oral	Treatment for paralysis	Tier 3	Prior Auth: No Specialty: No Medical: No
Lonsurf (trifluridine and tipiracil)	Oral	Treatment for advanced colorectal cancer	Tier 3	Prior Auth: No Specialty: No Medical: No
Nuwiq (antihemophilic factor)	Injection	Treatment for hemophilia A	Tier 3	Prior Auth: No Specialty: No Medical: No
Repatha (evolocumab)	Injection	Treatment for high cholesterol	Tier 3	Prior Auth: No Specialty: No Medical: No
Ryzodeg 70/30 (insulin degludec and insulin aspart)	Injection	Treatment for type 1 and 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Spritam (levetiracetam)	Oral	Adjunctive therapy in the treatment of partial onset seizures	Tier 3	Prior Auth: No Specialty: No Medical: No
Synjardy (empagliflozin and metformin)	Oral	Treatment for type 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Tresiba (insulin degludec)	Injection	Treatment for type 1 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Varubi (rolapitant)	Oral	Treatment for chemotherapy-induced nausea and vomiting	Tier 3	Prior Auth: No Specialty: No Medical: No
Vraylar (cariprazine)	Tablet	Treatment for bipolar disorder	Tier 3	Prior Auth: No Specialty: No Medical: No
Xuriden (uridine triacetate)		Treatment for hereditary orotic aciduria	Tier 3	Prior Auth: No Specialty: No Medical: No

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## 10 Tips for a Healthy Fall

**Eat like an athlete – not a couch potato – on game day.** “My favorite football player outperformed another skilled athlete. I’ll celebrate his fitness by eating five servings of greasy potato chips!” Not this season. Set out raw veggies and dip instead of chips, and you’ll graze much more healthfully. Other ideas include cutting pizza into smaller slices and doling chili out into cups instead of bowl-sized portions.

**Buy in-season veggies, such as beets, broccoli and Brussels sprouts.** Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. One of the best way to enjoy fall veggies is by roasting them in just a little oil, salt and pepper.

**Enjoy a healthier Thanksgiving.** Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings. Then make a plan before the big meal. Don’t mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

**Give back.** Ideally, we’re giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting them merge into your lane.



**Did You Know...**

*Munching half of a handful of nuts daily (but not an equivalent amount of peanut butter) cut risks of an early death from cancer, diabetes, heart disease, respiratory problems, and other causes by 23 percent over 10 years in a recent study.*

