

## Peer-to-Peer Review in Complex Condition Intervention Reduces Plan Costs by 18%

*Enhancing Financial Health and Member Well-being*



### The Challenge

Off-label medication use—prescriptions for non-FDA-approved indications—poses risks to patients and increases pharmacy plan costs. A common example is Humatrope®, which is approved for treating growth hormone deficiency but often used off-label to boost growth in children without a medical need.

This unapproved use can lead to adverse effects and inflate plan expenses. Two of a member's children at a ~2,300-member construction company were being prescribed Humatrope without there being a clear medical need costing the plan \$294,000, about **18% of its total annual spend**.



### The Solution

RxBenefits implemented **Complex Condition Intervention (CCI)**, which helped identify the issue. CCI ensures high-cost medications are clinically appropriate and medically necessary by having independent pharmacists collaborate with condition specialists and conduct peer-to-peer reviews to verify that the right member is receiving the right drug at the right price.

## CCI Ensures:

- ✓ **Appropriate Use:** Aligns treatment with the latest medical standards.
- ✓ **Member Safety:** Confirms correct dosing based on current weight and progression.
- ✓ **Cost Optimization:** Eliminates unnecessary medications and costs.
- ✓ **Additional Oversight:** Applies prior authorization where needed.
- ✓ **Specialized Attention:** Offers superior service from pharmacists and specialists.

## Savings and Safety

The peer-to-peer review determined that the children did not have a growth hormone deficiency, so the prescriptions were not clinically appropriate, **eliminating \$294,000 of unnecessary annual spend**. Potential side effects from Humatrope include joint pain and increased skull pressure. For children without a growth disorder, these risks outweigh the benefits.

