

You asked us...

What is the difference between a "managed" formulary and the Green Shield Canada Conditional Drug Formulary™?

In today's marketplace, there are many different types of formularies available to plan sponsors, depending on the chosen benefit carrier. Generally, a managed formulary restricts the drugs that will be covered by the plan sponsor's drug plan. Drugs are added or deleted based on evidence-based clinical evaluation of their relative safety and cost-effectiveness.

The Green Shield Conditional Drug Formulary™ is our proprietary version of a "managed" formulary. With the Conditional Drug Formulary™, new drugs introduced after a chosen effective date (retroactive date or prospective date for all new drugs that come on the market) are evaluated by Green Shield Canada. The evaluation deter-

mines whether the drug offers a "therapeutic advantage" over existing products. Our pharmacy and medical consultants determine drug eligibility after reviewing four criteria: need, efficacy, safety and cost. The drug may be approved and added to the formulary, it may be disallowed and therefore not eligible, or it may be approved as a conditional benefit on an individual basis when specific criteria are met. If the drug is approved as a conditional drug, criteria are established and communicated to the pharmacy. These drugs are also referred to as individual consideration or special authorization drugs.

The Green Shield Canada Conditional Formulary™ is a strong mechanism to control the potential misuse, abuse and overuse associated with certain drugs. Those drugs with a high potential for over-utilization as well as those prescribed for unapproved conditions are most often listed as conditional benefits. We are **protecting** the plan sponsor's drug plan from misuse, overuse and abuse, and **preventing** "off label" indica-



tions—situations in which drugs are used for conditions not indicated by the manufacturer.

Currently, Green Shield Canada adjudicates claims against numerous drug formularies (e.g., open [traditional] formulary, frozen formulary, controlled formulary, etc.). Additional formularies can be designed to meet a client's specific needs. Our pharmacists and pharmacist assistants are available to make recommendations and assist in this process. A variety of plan co-pays are also available, as well as pricing options based on product selection/mandatory product selection. These options result in considerable cost savings to the plan.

HEALTH TIPS

Are your kids ready for winter?



When winter arrives, children can enjoy many outdoor sports and activities. Before you send your kids out to play, make sure they are safe.

- Keep your children warm by dressing them in layers. Make sure their heads and necks are covered by a hat and a neck warmer.
- On sunny days, don't forget the sunscreen.
- Check any sports-related equipment to make sure that it fits and is in good condition.
- Children can strangle on a cord or scarf, so take the cords and drawstrings off their clothes and have them use a neck warmer instead of a scarf.

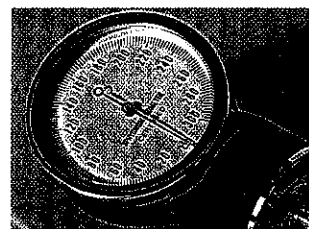
Source: Health Canada

Control your high blood pressure

Many people with high blood pressure don't have any symptoms, and, as a result, many don't realize they have it. To learn if you have this condition, have your blood pressure checked by your doctor or nurse. If your blood pressure becomes high and stays high, your doctor will say you have high blood pressure or hypertension.

Hypertension is important to manage, as it could lead to a heart attack or stroke. Fortunately, there are many ways to take control. Some people change their eating and drinking habits or become more physically active to bring their blood pressure back to normal. Others require medication.

Additional strategies include cutting back on salt, eating foods rich in potassium, and avoiding smoking.
Source: Public Health Agency of Canada



Eat well for better health

Are you starting on the hot new diet that everyone is talking about? Before you join the latest food fad, consider the time-tested dietary advice found in *Canada's Food Guide to Healthy Eating*.

Choose a variety of foods from the four food groups: grain products, vegetables and fruit, milk products, and meat and alternatives. The number of servings you need will depend on your age, body size, activity level, whether you are male or female, and if you are pregnant or breast-feeding.

