



Uniform
Medical Plan

What you need to know about the prescription drug benefit for UMP Classic, UMP Plus, and UMP CDHP

Contact us with any questions

All times are listed as Pacific.

Washington State Rx Services
(prescription drug benefits)

1-888-361-1611 (TRS: 711)
www.hca.wa.gov/ump/find-drugs
24 hours a day, 7 days a week

Postal Prescription Services
(mail-order pharmacy)

1-800-552-6694
www.ppsrx.com
Monday – Friday: 6 a.m. – 6 p.m.
Saturday: 9 a.m. – 2 p.m.

Ardon Health
(specialty pharmacy)

1-855-425-4085
www.ardonhealth.com
Monday – Friday: 8 a.m. – 7 p.m.
Saturday: 8 a.m. – noon



Administered by **moda**
HEALTH

www.hca.wa.gov/ump



Who is eligible to enroll in the UMP Plus plans?

UMP Plus is available to Public Employees Benefit Board (PEBB) benefits-eligible members who are one of the following:

- Employees and their covered dependents.
- PEBB Continuation Coverage (Unpaid Leave) members and their dependents.
- Active employees and their covered spouses who are enrolled in Medicare Part A and Part B.*
- Retirees and their covered dependents not enrolled in Medicare Part A or Part B.
- PEBB Continuation Coverage (COBRA) members and their covered dependents not enrolled in Medicare Part A or Part B.

Members must live in **King, Kitsap, Pierce, Snohomish, Spokane, Thurston**, or **Yakima** counties to be eligible to enroll in UMP Plus – Puget Sound High Value Network (PSHVN).

Members must live in **King, Kitsap, Pierce, Skagit, Snohomish**, or **Thurston** counties to be eligible to enroll in UMP Plus – UW Medicine Accountable Care Network (ACN).

**Employees and their covered spouse or state-registered domestic partner who are enrolled in Medicare Part A and Part B are eligible for UMP Plus, even if the spouse or state-registered domestic partner is enrolled in Medicare.*

What you'll pay for covered prescription drugs

You pay your coinsurance for all covered prescription drugs, which is a percentage of the drug's cost. You may get up to a 90-day supply for most drugs, except for specialty drugs. Specialty drugs are high-cost injectable, infused, oral, or inhaled drugs or products that require special handling and storage and are subject to additional rules. You can find out if a drug is a specialty drug by checking the UMP Preferred Drug List at www.hca.wa.gov/ump/find-drugs, or by calling Washington State Rx Services. Specialty drugs are limited to a 30-day supply and must be purchased through the plan's exclusive specialty pharmacy, Ardon Health.

| | | UMP CLASSIC | |
|---------------------------------------|--|--|--|
| Prescription drug deductible | | \$100 individual \$300 maximum for family of three or more <i>Separate deductible for medical services</i> | |
| Annual out-of-pocket limits | | \$2,000 per person, no family max. <i>Separate out-of-pocket limits for medical services</i> | |
| Tier | All network pharmacies (Retail, mail-order, and specialty) | Prescription drug cost-limit (most you will pay) per 30-day supply (network pharmacies only) | |
| Preventive | 0% coinsurance No deductible | \$0 | |
| Value Tier | 5% coinsurance No deductible | \$10 | |
| Tier 1 Select generic drugs | 10% coinsurance No deductible | \$25 | |
| Tier 2 Preferred drugs | 30% coinsurance Deductible applies | \$75 | |
| Tier 3 Nonpreferred drugs | 50% coinsurance Deductible applies | Specialty drugs only: \$150 No limit for non-specialty drugs | |

| UMP PLUS | | UMP CDHP |
|--|--|---|
| \$0 <i>Separate deductible for medical services</i> | | \$1,400 subscriber \$2,800 family account <i>Combined medical and prescription drug deductible</i> |
| \$2,000 per person, no family max <i>Separate out-of-pocket limits for medical services</i> | | \$4,200 per subscriber \$8,400 family max for family account/ \$6,850 per individual <i>Combined medical and prescription drug out-of-pocket limit</i> |
| All network pharmacies (Retail, mail-order, and specialty) | Prescription drug cost-limit (most you will pay) per 30-day supply (network pharmacies only) | All network pharmacies (Retail, mail-order, and specialty) |
| 0% coinsurance No deductible | \$0 | 0% coinsurance No deductible |
| 5% coinsurance No deductible | \$10 | 15% coinsurance Deductible applies |
| 10% coinsurance No deductible | \$25 | |
| 30% coinsurance No deductible | \$75 | |
| 50% coinsurance No deductible | Specialty drugs only: \$150 No limit for non-specialty drugs | |

Frequently asked questions

1. What is changing for 2019?

Coverage for contraceptives: Beginning January 1, 2019, male condoms, male spermicides, and all female contraceptives will be covered at 100percent with no deductible for UMP Classic and UMP Plus members.

For UMP CDHP members, all female contraceptives will be covered at 100percent with no deductible. Male condoms and male spermicides will be covered at 100percent, once a member meets their deductible.

To take advantage of this benefit:

- Get a prescription from your doctor or call your pharmacy to find out if your pharmacist has prescribing authority.
- Go to a network pharmacy.
Find network pharmacies by visiting www.hca.wa.gov/ump/find-drugs and clicking on “A network pharmacy” under your plan.
- Show the pharmacist your UMP ID card.
- Pay for your prescription at the pharmacy counter.

Note: You will need to submit a reimbursement claim to Washington State Rx Services if you go to a pharmacy without a prescription or if the pharmacy does not have prescribing authority. You will also need to submit a claim if you do not pay at the pharmacy counter.

To view a list of anticipated changes to the UMP Preferred Drug List visit www.hca.wa.gov/ump, select “Forms & publications” at the top of the page, and type “UMP: preferred drug list” into the search box or call Washington State Rx Services. The list is updated monthly and does not contain every anticipated change to the UMP Preferred Drug List. It only contains changes that may negatively impact members, such as increasing a drug’s cost or limiting the amount of drug available per refill.

2. How can I find a UMP network pharmacy?

Visit www.hca.wa.gov/ump/find-drugs or call Washington State Rx Services to find UMP network pharmacies. Pharmacies are part of a different network than medical providers. If you use a non-network pharmacy, you will pay more and have to submit your own prescription drug claim forms for reimbursement.

3. Why can't I use a Walgreens pharmacy to fill my prescriptions?

Walgreens is a non-network pharmacy. You can still use a Walgreens pharmacy, but you may pay more and will have to submit your own prescription drug claim forms for reimbursement.

4. How can I save money on prescription drugs that I take every day?

Some ways you may be able to save money are:

Postal Prescription Services (PPS) mail-order pharmacy: You can save on select brand-name drugs when you order from PPS, UMP's exclusive mail-order pharmacy. Typically, you will receive your mail-order prescriptions within 7 to 10 days.

Choice90Rx network pharmacies: If you purchase between an 84-day supply to a 90-day supply of prescription drug, you may be able to save money by going to a Choice90Rx network pharmacy. Some Choice90Rx network pharmacies include Bartell Drugs, Costco, CVS Pharmacy inside Target, Fred Meyer, Haggen Food & Pharmacy, Safeway and Sav-on Pharmacy. To compare drug prices and see a complete listing of Choice90Rx network pharmacies, visit www.hca.wa.gov/ump/find-drugs or call Washington State Rx Services.

If you are taking a drug to treat diabetes, high cholesterol, high blood pressure or depression, talk with your doctor to see if a Value Tier drug may be right for you. UMP Classic and UMP Plus members pay a 5 percent coinsurance for Value Tier drugs at network pharmacies. For a complete listing of Value Tier drugs, visit www.hca.wa.gov/ump-drugs-classic, or call Washington State Rx Services.

5. How can I find out how much my prescription drugs will cost?

Use the prescription price check tool by visiting www.hca.wa.gov/ump/find-drugs or call Washington State Rx Services.

6. I am taking a Tier 3 drug. Are there any ways to lower the amount I pay?

If you have the UMP Classic or UMP Plus Plan, you or your prescribing provider may request an exception to the cost-share (50 percent of the allowed amount) for Tier 3 (nonpreferred) brand-name drugs by calling Washington State Rx Services. Your prescribing provider must submit clinical information to request an exception. If an exception is approved, you will pay the Tier 2 cost-share (30 percent of the allowed amount, \$75 maximum payment per 30-day supply).

7. Who decides tier changes and what criteria is used?

As a state-sponsored health plan, UMP follows tier recommendations made by the Washington State Pharmacy & Therapeutics (P&T) Committee, which consists of Washington State health care professionals, including physicians and pharmacists. Not all drug classes are reviewed by the Washington State P&T Committee. For these drug classes, the Washington State Rx Services' P&T Committee will make tier recommendations to UMP for review and final determination of a drug's tier level. The coverage criteria follows the Food and Drug Administration's (FDA) guidelines and is reviewed and updated regularly by pharmacists from Washington State Rx Services and the Health Care Authority.

8. My doctor wants me to take this prescription drug. Why do you have to authorize it?

Some drugs require an authorization. Authorizations are in place to ensure the prescribed drugs are medically necessary, appropriate, safe and cost effective for a condition, and that the condition is covered by UMP. An authorization review can:

- Reduce risks for patients from taking a dosage that is either too high or too low to be effective for the indication being treated;
- Limit drug interactions; and/or
- Identify when there is a need for an additional prescription drug to be taken with the prescribed drug to optimize outcomes and more.

9. I've taken the same prescription drug for years. Why do I have to try something else now?

The Preferred Drug List is updated throughout the year. However, a drug may change tiers at any time, particularly when a generic-equivalent becomes available. Changes occur for many reasons. Some reason are:

- Availability of other drugs or treatments that are more effective
- Availability of lower cost alternatives
- An existing drug receives approval to treat expanded indications
- A drug is no longer covered by UMP

10. I've been prescribed a pain drug. Are there any limits I should be aware of?

For patients starting on a new opioid prescription, UMP has a policy on how opioid pain drugs are covered. The policy limits are:

- For people ages 20 or younger: 18 pills or 90 ml of liquid per prescription (about a three-day supply)
- For people ages 21 or older: 42 pills or 210 ml of liquid per prescription (about a week's supply)

The policy limits do not apply to UMP members who are:

- Newly enrolled to UMP within the last 120 days and are already receiving ongoing opioid therapy
- Receiving cancer treatment
- In hospice care, palliative care, or end-of-life care

For patients using opioids for a long period, your prescriber must provide information that they are following best practices for chronic opioid prescribing.

Opioid use disorder (misuse and addiction) is a national public health crisis. More than 90 Americans die every day from an opioid overdose. Studies show that patients are often prescribed more opioids than they need, and the risk of moving to chronic use rises dramatically with longer initial prescriptions. This policy aligns with the State of Washington's Agency Medical Directors' Group and the Centers for Disease Control and Prevention (CDC) opioid guidelines.

11. If my prescription drug is not covered by UMP, are there programs that can help me pay for my prescriptions?

The Washington Prescription Drug Program (WPDP) Discount Card provides discounts for prescription drugs not covered by your plan. All Washington State residents are eligible for the WPDP Discount Card. There are no age or income restrictions to enroll. To learn more about the WPDP Discount Card program, visit www.hca.wa.gov/about-hca/prescription-drug-program or call Washington State Rx Services.

Free vaccines at select pharmacies!

Many vaccines are available at no cost to you if you use a network vaccination pharmacy. These participating pharmacies are listed in green on the next page. UMP covers vaccines according to the immunization schedules set by the CDC, including flu shots and other common vaccinations, such as whooping cough (pertussis), tetanus, shingles, cervical cancer and meningococcal. Please note UMP does not cover travel vaccines or vaccines for employment purposes.

Always show your UMP ID card to the pharmacist when receiving services.



Pharmacy network: national pharmacy chains

Please note this is not an all-inclusive list of UMP network pharmacies and the list of network pharmacies is subject to change. To locate a UMP network pharmacy or to find out if a specific pharmacy is currently covered, visit www.hca.wa.gov/ump/find-drugs or call Washington State Rx Services. Participating chain pharmacies listed in **green** can administer select vaccines to members ages 12 and older.

A

Albertson's

B

Bartell's Drug
Bi-Mart Pharmacy

C

Costco Pharmacy
CVS Pharmacy

F

Fred Meyer Pharmacy

G

Geneva Woods Pharmacy
Genoa Healthcare

H

Haggen / TOP Pharmacy
Hi-School Pharmacy
Hy-Vee

K

Kmart Pharmacy

M

Multicare Pharmacy

N

Navarro Discount Pharmacy

O

Omnicare, Inc.
Option Care

P

Pacific Medical Center
Pharmacy
Pharmaca Integrative
Pharmacy
Pharmerica

Q

QFC (Quality Food Centers)

R

Ridley's Pharmacy
Rite-Aid Pharmacy

S

Safeway Pharmacy
Savon Pharmacy
Shopko Pharmacy
Smiths Pharmacy

U

Unify Community Health

V

Valley Drug
Village Pharmacy

W

Walmart Pharmacy
Weis
Winn Dixie

Y

Yokes Pharmacy

Mail order

PPS (Postal Prescription
Services)

Specialty drugs

Ardon Health

Washington State Rx Services does not discriminate

**Washington State Rx Services follows federal civil rights laws.
We do not discriminate based on race, color, national origin,
age, disability, gender identity, sex or sexual orientation.**

We provide free services to people with disabilities so that they can communicate with us. These include sign language interpreters and other forms of communication.

If your first language is not English, we will give you free interpretation services and/or materials in other languages.

**If you need any of the above,
call Customer Service at:**

1-888-361-1611 (TDD/TTY 711)

**If you think we did not offer
these services or discriminated,
you can file a written complaint.
Please mail or fax it to:**

Washington State Rx Services
Attention: Appeal Unit
PO Box 40168
Portland, OR 97240-0168
Fax: 1-866-923-0412

**If you need help filing a complaint,
please call Customer Service.**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone:

U.S. Department of Health
and Human Services
200 Independence Ave. SW, Room 509F
HHH Building, Washington, DC 20201
800-368-1019, 800-537-7697 (TDD)

You can get Office for Civil Rights complaint forms at hhs.gov/ocr/office/file/index.html.

**Dave Nessler-Cass coordinates
our nondiscrimination work:**

Dave Nessler-Cass,
Chief Compliance Officer
601 SW Second Ave.
Portland, OR 97204
855-232-9111
compliance@modahealth.com

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電1-877-605-3229（聾啞人專用：711）

CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY:711)

주의: 한국어로 무료 언어 지원 서비스를 이용하시려면 다음 연락처로 연락해주시기 바랍니다. 전화 1-877-605-3229 (TTY: 711)

PAUNAWA: Kung nagsasalita ka ng Tagalog, ang mga serbisyong tulong sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 1-877-605-3229 (TTY: 711)

ВНИМАНИЕ! Если Вы говорите по-русски, воспользуйтесь бесплатной языковой поддержкой. Позвоните по тел. 1-877-605-3229 (текстовый телефон: 711).

تنبيه: إذا كنت تتحدث العربية، فهناك خدمات مساعدة لغوية متاحة لك مجاناً. اتصل برقم (الهاتف النصي: 711) 1-877-605-3229

ATANSYON: Si ou pale Kreyòl Ayisyen, nou ofri sèvis gratis pou ede w nan lang ou pale a. Rele nan 1-877-605-3229 (moun ki itilize sistèm TTY rele : 711)

ATTENTION : si vous êtes locuteurs francophones, le service d'assistance linguistique gratuit est disponible. Appelez au 1-877-605-3229 (TTY : 711)

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń: 1-877-605-3229 (obsługa TTY: 711)

ATENÇÃO: Caso fale português, estão disponíveis serviços gratuitos de ajuda linguística. Telefone para 1-877-605-3229 (TERMINAL: 711)

ATTENZIONE: Se parla italiano, sono disponibili per lei servizi gratuiti di assistenza linguistica. Chiamare il numero 1-877-605-3229 (TTY: 711)

注意：日本語をご希望の方には、日本語サービスを無料で提供しております。1-877-605-3229（TTY、テレタイプライターをご利用の方は711）までお電話ください。

Achtung: Falls Sie Deutsch sprechen, stehen Ihnen kostenlos Sprachassistenzen zur Verfügung. Rufen sie 1-877-605-3229 (TTY: 711)

توجه: در صورتی که به فارسی صحبت می کنید، خدمات ترجمه به صورت رایگان برای شما موجود است. با تماس بگیرد. (TTY: 711) 1-877-605-3229

УВАГА! Якщо ви говорите українською, для вас доступні безкоштовні консультації рідною мовою. Зателефонуйте 1-877-605-3229 (TTY: 711)

ATENȚIE: Dacă vorbiți limba română, vă punem la dispoziție serviciul de asistență lingvistică în mod gratuit. Sunați la 1-877-605-3229 (TTY 711)

THOV CEEB TOOM: Yog hais tias koj hais lus Hmoob, muaj cov kev pab cuam txhais lus, pub dawb rau koj. Hu rau 1-877-605-3229 (TTY: 711)

โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือด้านภาษาได้ฟรี โทร 1-877-605-3229 (TTY: 711)

ត្រូវចងចាំ៖ បើអ្នកនិយាយភាសាខ្មែរ ហើយត្រូវការសេវាកម្មជំនួយផ្នែកភាសាដោយឥតគិតថ្លៃ គឺមានផ្តល់ជូនលោកអ្នក។ សូមទូរស័ព្ទទៅកាន់លេខ 1-877-605-3229 (TTY: 711)

HUBACHIISA: Yoo afaan Kshtik kan dubbattan ta'e tajaajiloonni gargaarsaa isiniif jira 1-877-605-3229 (TTY:711) tiin bilbilaa.