

## **November 2022 Bulletin from the H&W Trustees**

The Trustees of the PPWC – Employer Trusteed Health & Welfare Plan met on October 19<sup>th</sup> and would like to update you on a number of items relating to your group benefit coverage.

### **Drug Prior Authorization Program**

Certain high cost specialty drugs are part of Pacific Blue Cross' prior authorization program, which is intended to help manage costs and support the long-term sustainability of the plan. This means that for drugs included in the prior authorization program, you are required to submit an application for pre-approval before being reimbursed under the plan. This ultimately helps ensure you will not be denied a drug claim after paying for the cost out of pocket.

The link below outlines Pacific Blue Cross' prior authorization program including a link to the required prior authorization forms as well as the list of drugs requiring prior authorization:

[www.pac.bluecross.ca/advicecentre/story/prior-authorization-drugs](http://www.pac.bluecross.ca/advicecentre/story/prior-authorization-drugs)

### **Online Cognitive Behavioural Therapy Coverage**

Pacific Blue Cross has partnered with a number of vendors that provide internet-based cognitive behavioural therapy (iCBT) for members, which is eligible for reimbursement under the group plan where psychology benefits are provided. Cognitive Behavioural Therapy is a type of therapy commonly used to treat individuals with mild to moderate anxiety, depression, insomnia and other mental illnesses, and can be delivered as effectively virtually as in person. iCBT programs include a series of modules, activities and exercises that an individual works through on their own but guided by a psychologist or social worker in order to build skills and improve their overall frame of mind.

Please visit the following link to learn more about iCBT and the Pacific Blue Cross eligible vendors: [www.pac.bluecross.ca/adminresource/online-cognitive-behavioural-therapy/](http://www.pac.bluecross.ca/adminresource/online-cognitive-behavioural-therapy/)

### **Drug Supply Limits for Maintenance Medication**

Maintenance drugs are used to control and manage a variety of chronic or long-term conditions such as high cholesterol, high blood pressure, and diabetes. The Trustees would like to remind you that Pacific Blue Cross' standard supply for maintenance medication is 100 days, so that you do not have to visit the pharmacy frequently and incur additional dispensing fee charges. Please explain to your physician that your extended health plan allows a 100 day supply for maintenance medications, and ask your physician to please adjust your prescription to the 100 day supply.

## **Beneficiary Designations and Enrollment Information**

The Trustees would like to remind you that it is your responsibility to keep your beneficiary designation and other enrollment information up to date. It is crucial to keep your beneficiary designations current for your basic life and accidental death and dismemberment benefits because they are not automatically updated if there is a life event such as divorce, marriage, birth or death of children, or any other change in your personal situation. Please contact your Plan Administrator for the appropriate beneficiary designation form. Please also ensure all other enrollment information is reviewed regularly and kept up to date. For example, if you have dependents over the age of 21 who are still attending post-secondary education, this must be re-confirmed prior to September 30<sup>th</sup> of each year.

## **Trustee Meeting Dates for 2023**

The Trustees established their 2023 meeting dates as follows:

- March 3, 2023
- June 20, 2023
- October 19, 2023