Do you use an inhaler?
Starting April 10, you may be temporarily limited to one inhaler per prescription. These Quantity Limits ensure the even distribution of inhalers across TRICARE to treat existing conditions as well as to treat symptoms, when deemed appropriate by a provider, in COVID-19 patients.

Is your inhaler affected?
The temporary quantity limits apply to:
- Albuterol (brand names: Proair, Proventil and Ventolin)
- Levalbuterol (brand name Xopenex)

What will you pay?
- Standard copayments will be applied to each fill (one inhaler) at mail and retail for non-Active Duty Service Members
- To determine the cost of your medication, visit www.express-scripts.com/tform

“We must be good stewards of health care resources during this national emergency. We are monitoring our drug supplies on a daily basis to ensure you have the medications you need.

All manufacturers of these products are increasing production levels to meet the increased demand, which will allow us to lift the quantity limits as soon as possible.”

Colonel Markus Grehlitz
Chief of the Pharmacy Operations Division
Defense Health Agency
Quantity Limits for Albuterol/Levalbuterol Inhalers

BLUF: On 10 April 2020, the Defense Health Agency (DHA) will enact Quantity Limits (QL) of one inhaler per 30 days for albuterol and levalbuterol inhalers. These medications have experienced significant increased use due to the COVID-19 Pandemic. Through engaging Quantity Limits, the DHA will manage available supply to ensure that patients with asthma and other conditions continue to have access to these medications to manage their health and readiness while the inhalers are simultaneously utilized in treating COVID-19.

BACKGROUND: Albuterol and levalbuterol inhalers are used to treat breathing problems including asthma. These medications have recently been publicized as useful treatment options for COVID-19. Albuterol inhaler dispensing volumes have significantly increased over the past month by nearly 100% at all points of service: military pharmacy, retail network, and TRICARE Pharmacy Home Delivery.

Industry and logistics partners including the Defense Logistics Agency (DLA) have reported that the increased utilization will impact supply and result in shortages unless quantity limits are put in place to evenly distribute medications over time to both chronic and acute patients.

Talking Points / Q&A

Q1. Why is the Defense Health Agency placing Quantity Limits on albuterol and levalbuterol inhalers?
A1. The DHA is monitoring increased prescribing levels of albuterol and levalbuterol inhalers and enacting quantity limits to prevent shortages. The DHA is using quantity limits to manage the supply to ensure that patients with asthma and other conditions continue to have access to these medications to support their health and readiness while the inhalers are simultaneously distributed for use in treating COVID-19.

Q2. I use (or my dependent uses) albuterol or levalbuterol. What do I need to know?
A2. With a prescription, one inhaler will be provided for each prescription filled. This limit of one inhaler per 30 days applies at military pharmacies, retail network pharmacies, and via TRICARE Pharmacy Home Delivery. When a patient needs another inhaler because their inhaler is running low, they can request a refill from their pharmacy.

Q3. I use TRICARE Pharmacy Home Delivery to obtain my inhalers. What do I need to know?
A3. During the temporary period during which quantity limits are in place, one inhaler will be mailed per each 30 day fill via home delivery. The full copayment will apply per each inhaler during this temporary period.

In an effort to help ensure adequate supplies are available for all patients who need this medication, we are asking you to evaluate the supplies you may have on hand and only order a refill when you are down to approximately a two week supply.

- Because we are suspending the process to automatically, send out refills, please go to militaryrx.express-scripts.com or call the phone number on your prescription label to request your refill when you are down to approximately a two week-supply of your medication.
• We will make every effort to resume normal processing as the situation allows, and we will notify you when we are able to resume processing your prescription through the automatic refill program.

Copayments are mandated by law and full copayments will be applied to each fill (which, under the current, temporary quantity limits, is one inhaler). Depending on the type of albuterol or levalbuterol inhaler, patients may pay $10 for one fill of a generic inhaler via home delivery, $29 for one fill of a name-brand inhaler via home delivery, or $60 for one fill of a non-formulary inhaler via home delivery. Please check the TRICARE Formulary Search tool at www.express-scripts.com/tform for more information on the category and cost of your medication.

You will need to call Express Scripts to process your prescription refill each month.

If you need another inhaler sooner, you can call ESI to request another refill.

Q4. I can’t use a military pharmacy to access my prescription. Do I have to pay for my medication? What will my copay be?
A4. Copayments are mandated by law and full copayments will be applied to each fill (which, under the current, temporary quantity limits, is one inhaler). Depending on the type of albuterol or levalbuterol inhaler, patients may pay $10 (home delivery) or $13 (retail network pharmacy) for one fill of a generic inhaler, $29 or $33 for one fill of a name-brand inhaler, or $60 for one fill of a non-formulary inhaler. Please check the TRICARE Formulary Search tool at www.express-scripts.com/tform for more information on the category and cost of your medication.

Q5. How did the DHA make this decision about these medications?
A5. The DHA’s decision to manage the supply of these important medications during this time of emergency mirrors that of multiple commercial plans and follows the guidance of several organizations, to include the American Medical Association, American Pharmacists Association, and American Society of Health-System Pharmacists. These organizations have each identified inappropriate ordering, prescribing, and dispensing of COVID-19-related medications as urgent issues. They encourage health care teams to be stewards of health care resources during times of emergency and national disaster.

Q6. How long will these limits be in place?
A6. The DHA only will only temporarily enact quantity limits on albuterol and levalbuterol inhalers to ensure the supply is available to every patient that needs it. We expect the demand for inhalers to level out or decline as states across the country flatten the curve of COVID-19 infections. The intent of this quantity limit is to help to ensure supply is maintained for all beneficiaries. We will monitor conditions on a daily basis and update quantity limit restrictions as appropriate at the end of April 2020.

Q7. Having to enter a military or retail pharmacy once or more a month puts my respiratory compromised prescription holder at greater risk. What will you do to protect the patient?
A7. In order to maintain patient and personnel safety during the COVID-19 pandemic, we are taking actions and adjusting our military pharmacy operations as necessary to include several military pharmacies adopting social distancing practices with drive-through or curbside pharmacy services. Call your local military pharmacy to check for changes and limitations to service. Visit www.tricare.mil/mtf to look up the phone number of your military pharmacy.
Retail network pharmacies are also taking measures to ensure safe prescription pick up with social distancing and/or many offer delivery options. You can find more information about retail pharmacy operations during COVID-19 here: https://militaryrx.express-scripts.com/notices/other/get-your-medications-while-maintaining-distance-others.

TRICARE Pharmacy Home Delivery is an affordable option that also limits your exposure compared to in-person pick up.

Q8. I have lost or run out of my inhaler supply. What should I do?
A8. In case of a life-threatening emergency, call 911. If you need another inhaler because your inhaler is running low, you can request a refill from your pharmacy. If you are experiencing an urgent shortage of your medication supply, please contact your pharmacy for support.

Q9. What are the TRICARE Pharmacy copayments?
A9. TRICARE Pharmacy copayments are as outlined below:

<table>
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<tr>
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<th>Generic Formulary Copayment</th>
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<th>Non-Formulary Copayment</th>
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<tr>
<td>TRICARE Pharmacy</td>
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<tr>
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<td>(30 Day Supply)</td>
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* For all beneficiaries except active duty service members, select brand-name maintenance medications (taken for long-term conditions) may only be filled twice at retail and then must be filled via home delivery or military pharmacy.

Q10. Will DHA be placing quantity limits on other medications?
A10. DHA is continually monitoring medication supply and availability and may consider placing additional temporary quantity limits should additional medications require regulation to ensure optimized access for all beneficiaries.