



Medication Authorization, Information and Safety

Overview

As you recover from your work-related injury, prescribed medications may be a part of your treatment plan. It is important to have an understanding of your medications in order to take them safely and to better talk with your doctor and pharmacist about how they are working.

To help manage your injury-related medications, the Department of Labor's Office of Workers' Compensation Programs Division of Federal Employees', Longshore and Harbor Workers' Compensation (OWCP DFELHWC) has contracted with Optum to serve as DFELHWC's Pharmacy Benefit Manager (PBM) for claimants covered under the Federal Employees' Compensation Act (FECA).

This document provides helpful information about:

- Medication authorization
- Brand vs. generic medications
- Medication safety tips
- Managing your pain



Medication authorization

added security for your safety

On occasion, additional approval may be needed in order to fill certain prescription medications. To do this, your doctor will need to submit a Prior Authorization Request Form (PARF) (Sometimes referred to as a Letter of Medical Necessity (LMN)).

A PARF is required if you are prescribed:

- An opioid analgesic
- A medication that is not on the OWCP DFELHWC medication formulary

Your prescriber submits the PARF on the OWCP FECA Prescriber Portal. The Optum clinical team reviews the PARFs and either approves or denies the medication authorization depending on the information provided.

All of this should take place before you arrive at the pharmacy to pick up your medication(s), but on occasion, your pharmacy will need to reach out to your prescriber to have them submit the PARF and wait for the proper authorization.

You can view any completed PARFs for your medication (s) in the Claim Documents section of the OWCP FECA Claimant Portal.

What is a medication formulary?

A medication formulary is a list of medications, based on injury type and accepted condition(s) that are commonly prescribed for treatment.

As the Pharmacy Benefit Manager for your work-related injury claim, Optum worked with OWCP DFELHWC to establish a medication formulary.



Brand vs. Generic Medications

the only big difference is the price

A **brand name medication** refers to the name given by the medication manufacturer. A **generic medication** refers to a medication produced after the active ingredient of the brand name medications.

Generic medication(s):

- Will be sold under different name and may look different than the brand version.
- Contain the same active ingredients as the brand-name medication
- Are required by the FDA to have the same active ingredient, strength, dosage form, and route of administration as the brand-name drug
- Are proven to be the same (bioequivalent) as the brand-name medication by the generic manufacturer
- Must pass the same quality standards as brand-name medications including manufacturing and packaging
- Are often made in the same manufacturing plants as the brand-name medications.
- Cost on average of 80-85% less than the brand medications

The OWCP DFELHWC requires that generic medications, if available, are prescribed to injured persons for their work-related injury claims.

Visit www.workcompauto.optum.com/Meds to view the Brand-Generic Medication Index or Generic-Brand Medication Index.

Medication Safety & Disposal

proper safety leads to maximum benefits

Always remember that your medication is prescribed for you and your injury. While symptoms and injuries may appear similar, each person reacts differently. Please consider the following health and safety precautions. Call your doctor immediately if you think something is wrong.

- Keep medicine out of the reach of children and pets.
- Ask for child-proof caps.
- Consider storing your medicine in a safe or lock box.
- Keep medicines away from damp or humid air and avoid temperature extremes (high heat or freezing cold).
- Don't store more than one type of medicine in a container; use the original bottles, with the original labels.
- When throwing away unused medicines, place in a sealable bag and mix with a substance such as coffee grounds, kitty litter or other garbage, or drop off at your local police or health department.

Additional disposal resources:

- <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash>
- <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>
- Drug Take Back Options: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html
- How to get rid of a sharps container: <https://www.fda.gov/media/82396/download>
- Do's and Don't of Sharps disposal: <https://www.fda.gov/media/82389/download>
- Prescription Medicine Tops for Safe Storage and disposal: <https://www.cdc.gov/wtc/prescriptionsafety.html>
- Safely remove opioids from your home: <https://www.fda.gov/media/123330/download>





Managing Your Pain

things you can do today for a better tomorrow

When accidents happen, the injury often causes pain. Finding relief from pain requires a variety of therapies. Here are tips and information to help you better understand your injury and your pain medications.

Learn by asking your doctor and pharmacist questions about your injury, your medications, and the best path to recovery.

Manage your medications by taking them as prescribed, tracking your progress and storing them safely to protect you and others.

Share information with your doctor and pharmacist to help them understand and treat your injury. Talk with your family and friends to explain your limitations and how they can help.

Live and take an active role in managing your pain. Follow your doctor's orders but also eat healthy, stay hydrated, keep appropriately active, and get enough rest.

For more info on tips to help manage you pain, visit <https://optum.co/Managing-Your-Pain>

About Optum Workers' Compensation and Auto No-Fault

Optum Workers' Comp and Auto No-fault Solutions collaborates with clients to lower costs while improving health outcomes for the claimants we serve. Our comprehensive pharmacy, ancillary and medical services, including settlement solutions, combine data, analytics, and extensive clinical expertise with innovative technology to ensure claimants receive safe, efficacious and cost-effective care throughout the lifecycle of a claim. For more information, email us at expectmore@optum.com.

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