



Anthem is taking a leadership role in addressing the national opioid epidemic through a comprehensive strategy focused on **prevention, treatment and recovery, and deterrence**. We are committed to making a difference in the lives of our members and their families.

The opioid epidemic requires a comprehensive approach, leveraging stakeholders from across the healthcare system. We recognize prevention efforts are a first line of defense in ensuring that a well-meaning attempt to treat pain does not inadvertently lead to addiction. We also have a multi-faceted, holistic approach to support members with substance use disorders. Our initiatives include, but are not limited to:

- We have aligned our pharmacy benefit management strategies with evidence-based recommendations for prescribing opioids for acute and chronic pain, allowing a robust exception process for clinically appropriate circumstances.
- Anthem has made access to high-quality Medication Assisted Treatment (MAT) a priority. We are working to double the number of members who receive comprehensive MAT, ensuring members who need treatment receive it, and to support sustainable recoveries. We are improving MAT access in rural and underserved areas through primary care physician recruitment and training.
- We have partnered with organizations offering innovative approaches to recovery, including AWARE Recovery Services, to provide in-home substance use disorder treatment services, including peer recovery support.
- We have extended the availability of treatment through telehealth. Anthem launched LiveHealth Online Psychology and is contracting with Bright Heart Health.
- We are partnering with Neonatal Intensive Care Units and their providers to establish care practices for newborns with Neonatal Abstinence Syndrome, while encouraging non-pharmacologic treatment, parent involvement, rooming-in, and protocols to decrease the severity of symptoms and improve outcomes.
- We encourage Screening, Brief Intervention and Referral to Treatment during annual routine medical exams to help detect substance use disorders.
- We support provider education and best practices in local communities. We collaborated with the National Urban League to support [www.whatsupwithopioids.org](http://www.whatsupwithopioids.org), providing education and toolkits. We have provided financial support for the development and expansion of MAT Extension for Community Healthcare Outcomes (ECHO) projects in South Carolina and West Virginia and have encouraged provider participation in state-sponsored MAT ECHO hubs including, but not limited to, Indiana, New Mexico, Texas, Virginia, and Wisconsin, which connect primary care providers with expert information.
- We interpret data to support providers. We are collaborating with HealthCore, a research-focused independent subsidiary of Anthem, to generate real-world data in several areas, including a comparative effectiveness assessment of MATs, and the role of non-opioid pain treatments, such as acupuncture. Anthem also shares data with providers, leveraging artificial intelligence and predictive analytics to identify members who may be at increased risk of a substance use disorder, as well as opioid overdose.

*Anthem is a leading health benefits company dedicated to improving lives and communities, and making healthcare simpler. Through its affiliated companies, Anthem serves more than 74 million people, including nearly 40 million within its family of health plans. We aim to be the most innovative, valuable and inclusive partner. For more information, please visit [www.antheminc.com](http://www.antheminc.com) or follow @AnthemInc on Twitter.*