

Pharmacy Benefit DimensionsSM

DIMENSIONS NEWSLETTER • EXPERTISE & SOLUTIONS

SPRING 2025

Listen To Your Heart

February is American Heart Month, a time to prioritize your heart health and take steps toward a healthier lifestyle. Heart disease is the leading cause of death in the United States, but small changes to your everyday lifestyle can make a big difference in managing risk factors.

Below are three areas of focus, in addition to regular doctor visits, that will help care for your heart:

- **Eat Well, Move Often:** Consume a heart-healthy diet full of fresh fruits, vegetables, whole grains, and lean protein, and strive for at least 150 minutes of moderate exercise each week.
- **Knowledge Is Power:** Monitor your blood pressure, cholesterol, and blood sugar levels with your doctor to stay informed about your heart health.
- **Decompress:** Take intentional steps to manage your stress and regulate your nervous system.

Forming healthy habits is the key to heart disease prevention. The [U.S. Centers for Disease Control and Prevention has an extensive guide](#) to the various components of heart health, including conditions and symptoms of heart disease, risk factors, and treatment.

Empowered with this information, Pharmacy Benefit Dimensions encourages you to show your heart some extra love this month!

Maximize Your Pharmacy Benefit

Pharmacy Benefit Dimensions' Member Portal has been thoughtfully designed to help you access quality care with ease. With a variety of impactful tools and resources at your fingertips, you can take charge of your health and maximize your pharmacy benefit:

- **Find a Pharmacy:** Locate in-network pharmacies nearby
- **Prescription Cost Lookup:** Compare medication costs to find the best value
- **Health Decisions Tools:** Access resources to stay proactive about your health

Our Find a Pharmacy tool offers pharmacy recommendations specific to your geographic location for the utmost convenience, while our **Prescription Cost Lookup** provides the essential information you need to make informed decisions about your medications.

Whether you're managing a chronic condition, exploring treatment options, or looking for wellness tips, our **Health Decisions Tool** provides up-to-date resources, data, and videos to make better, more informed decisions about your health.

Guiding our members with the information and tools needed to achieve optimal health is Pharmacy Benefit Dimensions' top priority. The Member Portal is a **free** benefit that includes everything listed above and much more – empowering you to live your healthiest life! [Sign up or log in today.](#)

Connect

We're Here to Help

Please reach out with any questions you may have. To best assist you, choose from the following:

Members with questions about your pharmacy benefits: Contact **Member Services**, 1-888-878-9172.

Pharmacists or providers with questions about a claim: Contact our **Pharmacy Help Desk**, (716) 635-3578.

Brokers or employers with questions about partnering with PBD: Contact our **Sales Department**, (716) 860-0743.

Stay informed:
pbdrx.com

The Pharma-Scene

PBD Drug Formulary Update

Here are changes to the Pharmacy Benefit Dimensions drug formulary that were recommended by the P&T Committee at its February 2025 meeting:

Abbreviation Key:	PA: Prior Authorization	NF: Non-Formulary	SP: Specialty Medication	NPB: Non-Preferred Brand
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The following medications were added to the formulary:

Drug	FDA-Approved Indication	Tier	Comments
Attruby®	Treatment of transthyretin amyloid cardiomyopathy, a rare heart disease	NPB	PA, SP
Alhemo®	To prevent bleeding episodes in patients with hemophilia, a bleeding disorder	NPB	PA, SP
Vyalev®	Treatment of motor fluctuations, or changes in the ability to move, in patients with Parkinson disease	NPB	PA, SP

The following new generic medications are available:

Brand Name	Generic Name	FDA-Approved Indication
Mesnex®	mesna	Reduce risk of hemorrhagic cystitis, or inflammation and bleeding of the bladder
Namzaric®	memantine-donepezil	Treatment of moderate to severe Alzheimer's disease

The following medications were reviewed and will remain non-formulary:

- Tryngolza® subcutaneous
- Alyftrek® tablet
- Crenessity® capsule
- Crenessity® solution
- Journavx® tablet
- Symbravo® tablet
- Ensacove® capsule