

# NYRx Dose Optimization Overview

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## What Pharmacy Providers and Prescribers Need to Know

Some drugs and drug classes, regardless of preferred or non-preferred status, are subject to specific clinical criteria, frequency/quantity/duration, **dose optimization**, step therapy, or the Brand Less Than Generic (BLTG) Program.

On November 14, 2013, the Medicaid NYRx program instituted a Dose Optimization initiative. Dose optimization can reduce prescription costs by reducing the number of pills a patient needs to take each day. The Department has identified drugs to be included in this program, the majority of which have FDA approval for once-a-day dosing, have multiple strengths available in correlating increments at similar costs, and are currently being utilized above the recommended dosing frequency. Medications that have dose optimization (DO) requirements are listed on the [NYRx Preferred Drug List \(PDL\)](#) with a superscript of **DO**.

Prescribers should review the [PDL](#) and prescribe according to the dose optimization limits and FDA-approved dosing frequency. Pharmacists should work with providers to switch to a prescription that meets dose optimization limits. If the prescription cannot be adjusted, prior authorization will be required.

## Resources

- [NYRx Education & Outreach Website](#)
- [NYRx Preferred Drug List](#)

## Contact Information

The NYRx Education & Outreach Call Center is available by phone at 1-833-967-7310 or by email at [NYRxEO@primetherapeutics.com](mailto:NYRxEO@primetherapeutics.com) from 8:00 AM to 5:00 PM ET, Monday through Friday, excluding holidays.

The NYRx Education & Outreach team hosts virtual office hours every week for stakeholders to ask questions related to NYRx and care coordination. Visit the [NYRx Education & Outreach website](#) for more information.