



Let My Doctors Decide



autoimmune association

Insurance Companies and PBMs Continue to “Fail” Patients with Psoriasis and Psoriatic Arthritis



Individuals living with autoimmune conditions rely upon their health insurance plans to access to much-needed medicines. Unfortunately, many Americans are forced to deal with harmful utilization management policies before they can get access to the medications their doctors prescribe. These harmful practices limit patient access to much-needed medicines, causing delays in treatments that can damage health and worsen disease conditions.

A recent [national scorecard](#) from Let My Doctors Decide (LMDD) found that health insurance plans and pharmacy benefit managers receive poor grades for patients with two serious dermatological diseases — psoriasis and psoriatic arthritis. The scorecard examined three access barriers: restrictive formulary placement, step therapy, and prior authorization. Data analytics firm [MMIT](#) performed the analysis using health plan formulary information (Q4 2022) and evaluated the medical benefit and pharmacy benefit for several autoimmune diseases including psoriasis and psoriatic arthritis.

The analysis found that people living with psoriasis or psoriatic arthritis have extremely limited options when it comes to health insurance plans without significant access barriers.

9 in 10 health plans imposed significant to severe access restrictions on medication coverage.



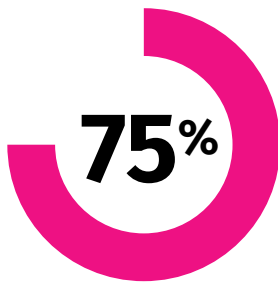
Insurance plans often ignore the clinical decisions made by treating physicians for medicines administered in a doctor’s office for psoriasis or psoriatic arthritis.



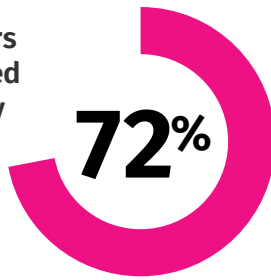


More than 70 percent of Medicare Advantage plans and **more than 85 percent** of commercial plans received failing scores on patient access to medicines for psoriasis and psoriatic arthritis.

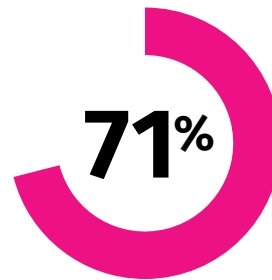
A recent national poll commissioned by LMDD found that a majority of health care consumers oppose prior authorization policies imposed by health insurance companies and PBMs, which often result in access restrictions, increased patient costs, and delayed health and wellness.



of consumers are concerned PA can delay or block a patient's access to treatment.



of consumers said they are concerned that such policies can override doctors' recommendations by allowing insurance companies to control treatment decisions.



of consumers are worried PA will increase patient costs.

LMDD 2023 Patient Principles and Call to Action

describe meaningful reforms and strongly encourage the adoption of straightforward principles that address the barriers that prevent patients and doctors from making treatment decisions.

It's time to put patients first.



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About Let My Doctors Decide

Let My Doctors Decide is a national partnership – convened by the Autoimmune Association in 2017 – of leaders across health care working in support of a simple goal: treatment decisions should always be made by patients and trusted health care professionals, not insurance companies or pharmacy benefit managers. Founded in 2017, Let My Doctors Decide (LMDD) brings together patients, providers, and advocates – especially those from the autoimmune disease community – to raise awareness about affordability and access issues. Learn more at www.letmydoctorsdecide.org.

About the Autoimmune Association

For over 30 years, the Autoimmune Association has been a pioneer in serving autoimmune patients, sponsoring research, advocating for access to healthcare, and fostering collaboration to identify and explore the common threads that link autoimmune diseases. Established through the remarkable determination of Founder Virginia T. Ladd, the Autoimmune Association has transformed into an internationally recognized leader, reaching over 60 countries worldwide. To mark its 30-year legacy and global impact on the autoimmune community, the name of the organization was changed from its original name, the American Autoimmune Related Diseases Association (AARDA). Learn more at: <https://autoimmune.org>.