



**State of Vermont**  
**Department of Vermont Health Access**  
NOB 1 South, 280 State Drive  
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*Agency of Human Services*  
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Dear [Prescriber Name],

The Drug Utilization Review (DUR) Board is composed of practicing Vermont pharmacists and physicians who are responsible for reviewing and advising the Department of Vermont Health Access (DVHA) about drug utilization for Vermont Medicaid enrollees. A recent retrospective drug utilization review focused on Vermont Medicaid enrollees taking triptans in calendar year (CY) 2017. It revealed that a significant percentage of members taking a triptan more than an average of 9 days a month for 3 consecutive months to treat migraine headaches were not regularly taking any preventive medication(s), including a beta-blocker, tricyclic antidepressant, anticonvulsant, or a selective serotonin norepinephrine reuptake inhibitor (SNRI). We also did a review of the prescriptions filled for these members retrospective to CY2016 to see if any were recently on a preventive medication but discontinued it prior to 2017. We still found that most of these members had no recent history of taking preventative headache medications.

We identified that your patient [patient name] fell into this category. It's possible the member was trialed prior to 2017 and was refractory or intolerant to medications used for prevention. This notice is sent as a reminder to consider a prevention drug strategy in your frequent migraine sufferers. Headache prevention has been shown to reduce healthcare costs, decrease loss of productivity and improve patient quality of life and is supported by the American Academy of Neurology and the Headache Society of America.

We appreciate all you do to improve the health of Vermont Medicaid enrollees and welcome any questions or concerns you may have. The DVHA pharmacy team can be reached at [ahs.dvhaph@vermont.gov](mailto:ahs.dvhaph@vermont.gov).

Sincerely,

J. Scott Strenio, MD

Medical Director