



# NEWSLETTER

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Div. of Medical Assistance & Health Services  
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Div. of Consumer Support*

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**TO:** Providers of Pharmaceutical Services - **For Action**  
Physicians and Certified Nurse Practitioners /Clinical Nurse  
Specialists, Independent Clinics, and Health Maintenance  
Organizations - **For Information Only**

**SUBJECT:** **MEP Informational Aid**

**EFFECTIVE:** Immediately

**PURPOSE:** To provide providers of pharmaceutical services an informational aid to advise beneficiaries of the State's Medical Exception Process (MEP) and a toll-free customer service number for beneficiaries to learn more about the program from First Health Services, the State's MEP contractor.

**BACKGROUND:** The State's pharmacy associations requested that the Division of Medical Assistance and Health Services (DMAHS) and the Department of Health and Senior Services (DHSS) provide a brief description of the MEP to share with Medicaid and Pharmaceutical Assistance to the Aged and Disabled (PAAD) beneficiaries with questions about the program.

**ACTION:** Please find attached an informational aid which providers of pharmaceutical services may use at their discretion to explain the MEP to Medicaid and PAAD beneficiaries. The New Jersey State Drug Utilization Review Board has approved this information for distribution.

Should you have any questions about this Newsletter, please contact Carl D. Tepper, R.Ph., Chief, Pharmaceutical Services, DMAHS, at (609) 588-2724. First Health Services may be contacted by providers 24 hours a day, seven (7) days a week at 1-877-888-2939.

**RETAIN THIS NEWSLETTER NUMERICALLY BEHIND THE NEWSLETTER  
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## MEDICAL EXCEPTION PROCESS

The Medical Exception Process (MEP) has been developed by the State of New Jersey to ensure that prescriptions are being used properly. The MEP reviews your prescription use to ensure that:

- you do not take more than one type of the same medication unless needed;
- the dose of medication you take is right for you;
- you take medication only for as long as needed;
- you do not take medications that do not work well together.

The MEP does not tell your doctor what medications to prescribe. However, medications you do take are reviewed and compared to standards developed by the New Jersey Drug Utilization Review Board which is made up of physicians and pharmacists who also practice in New Jersey.

Reviews are done by the First Health Services Corporation. First Health Services will talk with your doctor, if needed, to make sure the drugs you are using are appropriate for you. Be assured that the State will continue to pay for drugs prescribed by your doctor that are medically necessary.

**If you have any questions, you can call the First Health Services Customer Information Line at 1-877-266-3589 between 8 A.M. and 5 P.M. Monday through Friday.**



**The New Jersey State Drug Utilization Review Board**