

BEYOND THE ITCH:

Improving Access to Eczema Care

Eczema is more than a skin condition. It can affect sleep, work, school, relationships and quality of life. More than 30 million Americans experience atopic dermatitis or another form of eczema, with patients reporting sleep disruption, anxiety, depression and other impacts beyond the skin.

TREATMENT OPTIONS ARE EXPANDING

There is no one-size-fits-all approach to eczema. Depending on disease severity and individual needs, patients may benefit from:



TOPICAL TREATMENTS

to reduce inflammation and control symptoms



PHOTOTHERAPY

for some patients with more extensive or difficult-to-treat disease



BIOLOGIC THERAPIES

that target specific inflammatory pathways



SYSTEMIC THERAPIES

for appropriate patients with moderate to severe disease

These advances give patients and clinicians more options to find an effective treatment. But treatment options only matter when patients can access them.

INSURANCE BARRIERS CAN STAND IN THE WAY

Patients may face:



STEP THERAPY:

Requirements to try and fail other treatments before accessing the treatment prescribed by their clinician.



PRIOR AUTHORIZATION:

Administrative requirements that can delay treatment and add burdens for patients and providers.



NONMEDICAL SWITCHING:

Being required to change a treatment that is working because of insurance or formulary changes rather than a change in medical need.



AFFORDABILITY BARRIERS:

Out-of-pocket costs that can make covered treatments difficult to afford.

For patients living with persistent or severe symptoms, these barriers can prolong suffering and delay needed care. Utilization management requirements are an increasing barrier for patients seeking treatment for dermatologic conditions that can have a significant impact on a person's quality of life.





POLICYMAKERS CAN IMPROVE ACCESS

Policymakers can help ensure patients have meaningful access to appropriate eczema care by:

- ✓ Reducing unnecessary step therapy and prior authorization barriers
- ✓ Making utilization management timely, transparent and clinically appropriate
- ✓ Protecting patients from unnecessary, nonmedical switching of a treatment that is working for them
- ✓ Addressing insurance designs that create unaffordable out-of-pocket costs
- ✓ Supporting continued research and innovation in dermatologic care

ACCESS IS PART OF TREATMENT

Policymakers should recognize that improving eczema care means more than expanding treatment options. It means making sure patients can access them.

Patients deserve to work with their health care providers to choose appropriate care based on their individual needs.



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