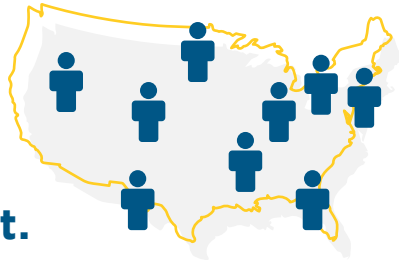


# Gout Treatment & Utilization Management

Over 9 million Americans live with gout.



The condition is not curable, but with treatment it can be successfully managed.

New research offers more potential options for patients to regain their quality of life.

Yet sometimes health plans restrict access.



## Impact on Gout Patients

Insurance delays and denials can stand between gout patients and their ability to manage their condition.

When gout goes untreated, uric acid crystals build up, leaving patients with worse and more frequent attacks. This can lead to joint damage and can even require surgery.

## Utilization Management Tactics



### Prior authorization

requires patients and providers to get approval from their health plan before they can access treatment. This tactic can cause significant delays and disrupt patient care.



### Step therapy

forces patients to fail on an insurer-preferred medication before they can access the treatment that their provider prescribed. This can lead to worsening symptoms and new side effects.



### Copay accumulator programs

prevent copay coupons from counting toward a patient's deductible. This leaves patients with surprise out-of-pocket costs they may not be able to afford.

Timely treatment access is critical for managing this debilitating condition.

ALLIANCE FOR  
**Gout Awareness**

[GoutAlliance.org](http://GoutAlliance.org)

