



NJAFP 2024 Resolution #8
Proposed by Kelly Ussery-Kronhaus, MD, FAAFP

Resolution Urging Action Against Formulary Restrictions and Mandatory Specialist Referral by Insurance Companies

- 1 **Whereas:** the New Jersey Academy of Family Physicians (NJAFP) is committed to promoting
2 the highest standards of healthcare and advocating for the well-being of patients under the banner
3 of family medicine; and
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- 5 **Whereas:** primary care physicians play a crucial role in the delivery of comprehensive and
6 continuous care, ensuring the overall health and well-being of their patients; and
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- 8 **Whereas:** the NJAFP has observed a growing trend of insurance companies imposing restrictive
9 formularies that impede the ability of primary care physicians to prescribe necessary medications
10 for their patients, limiting the scope of effective primary care; and
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- 12 **Whereas:** some insurance companies mandate patients to seek specialist consultations for
13 conditions that traditionally fall within the purview of primary care, disrupting the patient-
14 physician relationship and leading to unnecessary healthcare expenditures; and
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- 16 **Whereas:** the interference of insurance companies in the decision-making process of primary
17 care physicians poses a threat to the principles of patient-centered care, potentially
18 compromising patient outcomes; and
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- 20 **Whereas:** transparency in formulary development and specialist referral criteria is essential for
21 maintaining the integrity of the patient-physician relationship and ensuring optimal patient care,
22 now therefore be it
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- 24 **RESOLVED:** the New Jersey Academy of Family Physicians (NJAFP) request through
25 resolution to the AAFP COD and/or board requests that the American Academy of Family
26 Physicians (AAFP) advocate for increased transparency from insurance companies regarding
27 their formularies and the criteria used for specialist referrals, and be it further
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- 29 **RESOLVED:** that the NJAFP advocate for legislation and/or regulation at the state and national
30 levels promoting legislative measures at both state and national levels to protect the autonomy of
31 primary care physicians in prescribing medications and managing patient care, preventing undue
32 interference by insurance companies, and be it further
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- 34 **RESOLVED:** that the NJAFP collaborate with relevant stakeholders to develop evidence-based
35 guidelines for formulary development, ensuring a comprehensive and patient-centered approach
36 to primary care, and to support research initiatives that investigate the impact of formulary

37 restrictions and specialist referral mandates on patient outcomes, healthcare costs, and the overall
38 quality of primary care services, and be it further

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40 **RESOLVED:** that the NJAFP develop educational initiatives for healthcare professionals,
41 insurers, and patients to raise awareness about the importance of accessible formularies and the
42 integral role of primary care physicians in comprehensive patient care.