Utah Launches Nation's First State-Approved AI Prescription Refill Program

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Utah has partnered with Doctronic to become the first state to approve artificial intelligence for prescription refills, marking a significant development in health care innovation and use of regulatory sandboxes to foster technological advancement while maintaining patient safety through controlled testing environments. This project allows patients to interact with an AI agent to renew routine prescriptions for chronic conditions approximately 190 commonly prescribed medications including blood pressure drugs, diabetes medications, and thyroid treatments. The program includes human oversight mechanisms, with physicians reviewing the first 250 AI-generated prescriptions in each drug class before full automation proceeds. The AI agent also includes multiple safeguards such as identity verification, contraindication screening, and automatic escalation to human clinicians when uncertainties arise. State officials will track clinical safety protocols, patient satisfaction, medication adherence, and cost impacts. Controlled substances and high-risk medications are excluded from the pilot project.

This project may catalyze broader adoption of regulatory sandboxes for high-stakes AI applications across the country, balancing innovation with accountability. States such as Texas, Arizona, and Delaware have already created their sandbox frameworks, and legislation is being introduced in others for consideration in the 2026 legislative sessions. In September 2025, Senator Ted Cruz introduced the SANDBOX Act, which would create a federal regulatory sandbox program allowing AI developers to obtain temporary waivers from federal regulations for up to ten years to test and deploy AI technologies.