

Dose Management

What is Dose Management?

It's a quality and safety program that may make your medication plan easier to follow. It lowers the number of tablets you have to take each day.

For example, if you take two 75 mg tablets each day, you would take one 150 mg tablet instead. A single 150 mg tablet of a medication often costs less than two 75 mg tablets. It may also make it easier for you to follow your medication plan.

We base the program on U.S. Food and Drug Administration (FDA) and manufacturer dosing guidelines, medical literature, safety, accepted medical practice, appropriate use and benefit design.

Dose Management only affects the amount of medication your benefit plan covers. You and your doctor should make the final decision about the medication that is right for you.

Which Medications are Included?

We post the most recently updated list of medications on our website. The program includes drugs that have been approved by the FDA for once-a-day doses and have different strengths available at similar costs.

See the drugs and the daily dose limits below. Check your benefit information to determine if dose management applies to you. If dose management applies to you and if you are taking multiple daily doses of medications with limits, talk to your doctor or pharmacist about the higher strengths.

What Happens at the Pharmacy?

The pharmacist enters your prescription information into the computer system. If your medicine has a dose limit, the pharmacist will fill your prescription as long as it does not exceed the limit. If your prescription exceeds the limit, you have two choices:

1. With your approval, your pharmacist can change your prescription to the doses your plan covers. Or, the pharmacist can work with your doctor to change your doses.
2. You can pay full price for your original prescription.

Dose Management Drug List

Medication	Dose Limit	If you take	Talk to your doctor or pharmacist about
Effexor XR 37.5 mg capsule	One per day	Two per day	Taking one Effexor XR 75 mg capsule each day
Effexor XR 75 mg capsule	One per day	Two per day Three per day	Taking one Effexor XR 150 mg capsule each day Taking one Effexor XR 150 mg capsule and one Effexor XR 75 mg capsule each day*
Pristiq 50 mg tablet	One per day	Two per day	Taking one Pristiq 100 mg tablet each day
venlafaxine ER 37.5 mg capsule	One per day	Two per day	Taking one venlafaxine ER 75 mg capsule each day
venlafaxine ER 75 mg capsule	One per day	Two per day Three per day	Taking one venlafaxine ER 150 mg capsule each day Taking one venlafaxine ER 150 mg capsule and one venlafaxine ER 75 mg capsule each day*
Venlafaxine ER 37.5 mg tablet	One per day	Two per day	Taking one Venlafaxine ER 75 mg tablet each day
Venlafaxine ER 75 mg tablet	One per day	Two per day Three per day	Taking one Venlafaxine ER 150 mg tablet each day Taking one Venlafaxine ER 225 mg tablet each day
Wellbutrin XL 150 mg tablet	One per day	Two per day Three per day	Taking one Wellbutrin XL 300 mg tablet each day Taking one Wellbutrin XL 300 mg tablet and one Wellbutrin XL 150 mg tablet each day*

*Requires two prescriptions—one for each strength of the same medication. If your benefit has a copayment option, you may only have to pay one copayment when both prescriptions are filled on the same day.

Your benefit document defines actual benefits available and may exclude coverage for certain drugs listed herein. Check your benefit information to verify coverage. Or, view personal benefit information through our website.

This list may contain trademarks or registered trademarks of pharmaceutical manufacturers that are not affiliated with your health plan. This list may change or expand from time to time without prior notice. When we list brand-name drugs, programs also apply to any available generic equivalents.

Rev. 12/15/11