

Step Therapy

July 1, 2020

Most benefit plans include the Step Therapy program. Check your plan materials to see if this information applies to you.

What Is Step Therapy?

It's a quality and safety program that can help you lower your medication costs. Many medical conditions can be treated using a variety of medications. In some cases, there is a very large difference in cost among the medications, but only a little difference in the way the medications work. Step Therapy requires members to try cost-effective "Step 1" medications before trying (or "stepping up to") more expensive "Step 2" medications. Many people find the Step 1 medications work just as well for them.

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

What If My Doctor Says A Step 1 Drug Isn't Right For Me?

If your doctor decides that a Step 1 medication is not right for you and prescribes a Step 2 medication, please have your doctor call **855-811-2218** to request an override based on medical necessity.

What Happens at the Pharmacy?

The pharmacist enters your prescription into the computer system. If your prescription is a second-choice medication, the system will check your claims history. If you have filled prescriptions for Step 1 medications within the previous 6-12 months, the pharmacist will fill your prescription for your Step 2 medication.

If you are required to try a Step 1 medication, you have three options:

- You or your pharmacist can call your doctor to change your prescription to a Step 1 medication.
- You can pay full price for your Step 2 medication prescription.
- You or your pharmacist can ask your doctor to request a medical necessity exception.

If your plan approves the request, it will cover your prescription. If your plan does not approve the request, you can still choose another option. You and your doctor make the final decision about the medication that is right for you.

If you submit your prescription to your plan's home delivery (mail service) pharmacy and it does not meet the requirements for a Step 2 medication, the pharmacy will not fill your prescription. It will notify you by mail.

Your benefit document defines actual benefits available and may exclude coverage for certain drugs listed here. Check your benefit information to verify coverage or view your personal benefit information on our website. This list may contain trademarks or registered trademarks of pharmaceutical manufacturers that are not affiliated with your health plan. This list can change or expand from time to time without prior notice. When we list brand-name drugs, programs can also apply to any available generic equivalents.

Step Therapy Drug List

To request an override of a step requirement for a Step 2 drug, please have your doctor call **855-811-2218**.

Condition	Step 1 Drugs You must try one or more of these drugs first, or your doctor must request an override for you ...	Step 2 Drugs ... before you can get coverage for these drugs.
Acne (A)	generic topical tretinoin	Fabior, Tazorac (<i>brand and generic</i>), Veltin
Acne (B)	generic adapalene AND generic topical tretinoin	Differin (<i>brand</i>), Epiduo, Epiduo Forte
Acne (C)	minocycline (<i>immediate release</i>) AND doxycycline or erythromycin or tetracycline	minocycline HCL extended release
Actinic Keratosis	generic fluorouracil 5% cream or solution, fluorouracil 2% solution, imiquimod 5% cream	Picato (<i>brand</i>)
Behavioral Health (A)	aripiprazole (<i>generic Abilify</i>) AND one of these generics: clozapine/ODT, olanzapine, paliperidone, quetiapine, quetiapine ext rel, risperidone, ziprasidone	Rexulti
Behavioral Health (B)	TWO of these generics: aripiprazole, clozapine/ODT, olanzapine, paliperidone, quetiapine, quetiapine ext rel, risperidone, ziprasidone	Clozaril, Fanapt, Fazaclo, Geodon, Invega, Latuda, Risperdal, Saphris, Versacloz, Vraylar, Zyprexa
Depression	desvenlafaxine ext-rel (<i>generic for Pristiq</i>), venlafaxine, venlafaxine extended release	Fetzima, Khedezla
Diabetes (GLP-1)	metformin, metformin ER (generic Glucophage XR)	Ozempic, Trulicity, Victoza (<i>These drugs are preferred brands</i>)
Fungal Infections	clotrimazole 1% cream, ketoconazole 2% cream, miconazole 1% - 2% cream	oxiconazole 1% cream and lotion
Gout	allopurinol	Febuxostat, Uloric
High Triglycerides	fenofibrate or fenofibric acid	Tricor, Trilipix

