

# Step Therapy Drug List

Step therapy is a program that helps you and your doctor choose drugs that are right for you. After studying many drugs, we've chosen certain ones to be the first drugs to try when treating some conditions. Trying drugs in a step-by-step way is called step therapy. When your doctor prescribes a drug that requires step therapy, a message is sent to your pharmacy's computer. This lets the pharmacist know you must first try a different, similar drug that's covered by your plan. The pharmacist will call your doctor to get a prescription for the new drug.

Here are the drugs included in the step therapy program. First, find your condition or type of drug. The second column lists the step therapy drugs you should start with to treat the condition. That's because they're proven to work well for most people, and they're more affordable. If those don't work well for you, you can request that we cover the drugs in the third column.

Category	Members should try these step therapy drugs first	If they don't work, members may request coverage for these drugs
ADHD	immediate release amphetamine salt combo and (dextroamphetamine sulfate formulation or methylphenidate HCl formulation or dexmethylphenidate HCl)	amphetamine salt combo (generic Adderall XR)*
Allergy Eye Drops	azelastine and epinastine	Alamast*
		Alocril*
		Alomide*
		Bepreve*
		Elestat*
		Emadine*
		Lastacaft *
		Optivar*
		Pataday*
Allergy/Antihistamine	fexofenadine or fexofenadine-D and cetirizine OTC and loratadine OTC	Allegra, Allegra ODT* Suspension
		Clarinetx* Syrup
		Xyzal* Syrup
Allergy/Antihistamine/Decongestant	fexofenadine or fexofenadine-D and cetirizine OTC and loratadine OTC	Allegra-D*
		Clarinetx-D*
		Semprex-D*
Allergy/Nasal Steroid	budesonide (generic Rhinocort Aqua)	Beconase AQ, Flonase (brand), flunisolide, fluticasone (generic Flonase), Nasacort AQ (brand), Nasonex, Omnaris, QNASL, Rhinocort Aqua (brand), triamcinolone (generic Nasacort AQ), Veramyst, Zetonna
Antidepressant	1 preferred generic antidepressant	Brintellix
Contraceptive	Generic oral contraceptives	Beyaz
		Generess FE chewable
		Lo Loestrin FE
		Lo Minastrin 24 FE
		Loestrin 24 FE
		Minastrin 24 FE chewable
		Natazia
		Norinyl 1+50
		Ortho Tri-Cyclen Lo
		Ovcon 50
		Quartette

Category	Members should try these step therapy drugs first	If they don't work, members may request coverage for these drugs
Contraceptive	Generic oral contraceptives	Safyral
Diabetes	metformin, metformin extended-release	Bydureon
		Byetta
		Janumet
		Janumet XR
		Januvia
		Jentadueto
		Juvisync
		Tanzeum
		Tradjenta
		Trulicity
	Victoza	
	metformin, metformin extended -release and A preferred DPP-4 inhibitor (Januvia, Tradjenta, Trulicity, Janumet, Janumet XR, Juvisync, or Jentadueto); OR A GLP-1 agonist	Farxiga
		Invokamet
		Invokana
		Jardiance
	metformin, metformin extended -release and One preferred DPP-4 inhibitor (Januvia, Tradjenta, Trulicity, Janumet, Janumet XR, Juvisync, or Jentadueto)	Kazano
		Kombiglyze XR
		Nesina
		Onglyza
		Oseni
Xigduo XR		
metformin, sulfonylurea, DPP-4 inhibitor and pioglitazone	Avandamet	
	Avandaryl	
	Avandia	
Novolog or Humalog	Apidra	
Roche and Lifescan products	Blood Glucose Meters/Strips	
Gout	allopurinol	Uloric
High Cholesterol	atorvastatin	Lipitor
	niacin ER*	Niaspan
	one generic statin OR Crestor (either 20 or 40mg)	Altoprev
		Lescol, XL
		Liptruzet
		Livalo
	one generic statin AND Crestor (either 20 or 40mg)	Vytorin
Zetia		

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Indigestion, GERD, Peptic Ulcers	Nexium 40mg, Nexium Suspension, generic omeprazole capsules, generic lansoprazole and generic pantoprazole tablets	Aciphex*
		Aciphex sprinkle
		Dexilant*
		Esomeprazole
		Nexium
		Prevacid*
		Prilosec 20mg, 40mg
		Prilosec Powder packets
		Protonix*
Zegerid*		
Infertility	Follistim AQ	Bravelle
		Gonal F/Rff
Mental Health	Requires any two of the following: bupropion, citalopram, fluoxetine, fluvoxamine, paroxetine, paroxetine cr, sertraline, venlafaxine	Viibryd
Migraine Medication	sumatriptan injection	Sumavel DosePro
	sumatriptan nasal spray	Zomig (nasal)
	sumatriptan or naratriptan	Axert
		Frova
		Relpax
		Treximet
Zomig (oral)		
Multiple Sclerosis	One preferred interferon (Avonex or Rebif) and copaxone	Betaseron
		Extavia
Nephropathic Cystinosis	Cystagon	Procysbi
NSAID	1 oral generic NSAID	Zipsor
NSAID/PPI combo	1 oral generic NSAID	Vimovo
Omega-3 Fatty Acid	fenofibrate	Epanova
		Lovaza
		Vascepa
Osteoporosis	alendronate (brand or generic) and Actonel	Boniva (brand or generic)
Overactive Bladder	1 preferred generic AND 1 preferred brand	Mybetriq ER
	oxybutynin IR or oxybutynin XL	Enablex
		Gelnique
		Oxytrol
		Sanctura/XR
Pain Relief	1 oral generic NSAID	Duexis
	1 generic immediate-release opioid combination product	Avinza MSB
		Duragesic MSB
		Kadian MSB
		Xartemis XR

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Pain Relief	1 oral generic NSAID	Nalfon Zorvolex		
	1 oral generic NSAID AND misoprostol	Arthrotec		
	Requires one of the following: fentanyl patch, levorphanol, methadone, methadose, morphine sulfate ER (MS Contin), Oramorph SR, oxymorphone ER (Opana ER), tramadol ER (Ultram ER) or oxycodone ER	Exalgo Nucynta ER Opana ER		
	Voltaren Gel	Flector Pennsaid		
	1 oral generic NSAID	Celebrex		
	Phosphate Binders	generic calcium acetate and Renvela	Eliphos Fosrenol PhosLo Phoslyra Renagel Velphoro	
Skin Condition		1 preferred biologic	Entyvio	
		1 preferred biologic for Otezla	Otezla	
		A topical corticosteroid	Elidel Protopic	
		Duac or Duac CS and (generic combination topical product)	Benzaclin (brand only)	
		Generic topical tretin and one generic erythromycin/benzoyl peroxide OR one preferred generic clindamycin/benzoyl peroxide combination agent	Veltin Ziana	
	minocycline IR	Minocin Solodyn		
	minocycline IR and doxycycline	Acticlate Adoxa Doryx (brand or generic) Morigdox		
Sleep Aid	zolpidem IR and eszopiclone	Ambien Ambien CR Edluar Intermezzo Lunesta Rozerem Silenor Sonata Zolpimist		
		Testosterone Replacement	Androgel or Testim	Androderm
			1 oral generic NSAID	Indocin

\* Also on NDC Block.