

Select Step Therapy



Most medical conditions have multiple medication options. Although their clinical effectiveness may be similar, prices can vary widely. With the Step Therapy program, you get the treatment you need, usually at a lower cost.

Here's how it works:



With this program, you need to try a Step 1 medication first, before a Step 2 medication may be covered. When you bring a prescription to the pharmacy, our system will automatically screen the medication for step therapy requirements. If your prior pharmacy claims show you have tried a Step 1 medication in the recent past, the Step 2 medication may be processed. If not, the pharmacist will contact your doctor for further explanation.

We encourage you to discuss your treatment and medication options with your doctor. If you have questions about the Step Therapy program, call the toll-free member phone number on the back of your ID card.

Step Therapy Medications

If you have a prescription for any of the following Step 2 medications, you will be required to first try a Step 1 medication(s) for benefit coverage.

Condition	Step 1	Step 2
Anti-infectives		
Oral Brand Tetracyclines	doxycycline	Acticlate, Adoxa, Doryx, Monodox, Targadox
Otic Agents	ofloxacin	Cetraxal
Cardiovascular		
Beta Blockers	carvedilol	Coreg CR
Calcium Channel Blockers	Any one of the following generics: amlodipine, perindopril	Prestalia
Renin-Angiotensin System Agents	Any one of the following generics: benazepril, captopril, enalapril, fosinopril, lisinopril, moexipril, perindopril, quinapril, ramipril, trandolapril, benazepril-HCTZ, captopril-HCTZ, enalapril-HCTZ, fosinopril-HCTZ, lisinopril-HCTZ, moexipril-HCTZ, quinapril-HCTZ, amlodipine-benazepril, trandolapril-verapamil losartan, losartan-HCTZ, candesartan, candesartan-HCTZ, irbesartan, irbesartan-HCTZ, telmisartan	Azor, Benicar, Benicar HCT, Edarbi, Edarbyclor, Tekturna, Tekturna HCT, Tribenzor
	Any one of the following generics: benazepril, captopril, enalapril, fosinopril, lisinopril, moexipril, perindopril, quinapril, ramipril, trandolapril, benazepril-HCTZ, captopril-HCTZ, enalapril-HCTZ, fosinopril-HCTZ, lisinopril-HCTZ, moexipril-HCTZ, quinapril-HCTZ, amlodipine-benazepril, trandolapril-verapamil losartan, losartan-HCTZ, candesartan, candesartan-HCTZ, irbesartan, irbesartan-HCTZ, telmisartan AND any one of the following preferred brands: Tekturna[†], Tekturna HCT[†]	Amturnide, Tekamlo

Bold type = Brand-name drug

Plain type = Generic drug

Step Therapy Medications Continued

Condition	Step 1	Step 2
Statins	<p>Any two of the following generics: atorvastatin, fluvastatin, fluvastatin ER, lovastatin, pravastatin, simvastatin</p> <p>AND any one of the following preferred brands: Crestor, Vytorin</p>	Altoprev, Lescol, Lescol XL, Lipitor, Livalo, Mevacor, Pravachol, Zocor
Fibric Acid Derivatives	<p>Any one of the following generics: fenofibric cap, fenofibrate tab, fenofibrate micronized cap, fenofibric acid tab</p> <p>AND any one of the following preferred brands: Lipofen</p>	Fenoglide, Fibricor, Lofibra, Triglide
Antianginals	<p>Any one of the following generics or preferred brands: acebutolol, amlodipine, amlodipine-benazepril, amlodipine-telmisartan, amlodipine-valsartan, atenolol, bextaxolol, bisoprolol, carvedilol, diltiazem, diltiazem ER, felodipine ER, isosorbide dinitrate ER, isosorbide mononitrate ER, isradipine, metoprolol, metoprolol ER, nadolol, nicardipine, nifedipine, nisoldipine SR, nitroglycerin ER, pindolol, propranolol, propranolol SR, timolol, trandolapril-verapamil, verapamil, verapamil ER</p> <p>Azor[†], Bystolic, Cardene SR, Dilatrate SR, Inderal XL, Innopran XL, Levatol</p>	Ranexa
Central Nervous System		
ADHD Agents	<p>Any two of the following generics or preferred brands: amphetamine-dextroamphetamine, dexmethylphenidate, dextroamphetamine SR, methylphenidate, methylphenidate ER</p> <p>Vyvanse</p>	Adderall XR[#], Aptensio XR[#], Concerta[#], Daytrana[#], Desoxyn[#], Dyanavel XR[#], Evekeo[#], Focalin XR[#], Kapvay, Metadate CD[#], Methylin[#], Methylin Chew[#], Procentra[#], Quillichew ER[#], Quillivant[#], Ritalin LA[#], Zenedi[#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Analgesic Packs	<p>Any one of the following generics: ranitidine</p> <p>AND any one of the following generics: diclofenac, diclofenac ER</p>	DermacinRx Inflammatal Pak, Derma SilkRx
	<p>Any one of the following generics: lidocaine patches</p> <p>AND any one of the following generics: diclofenac, diclofenac ER</p>	DermacinRx Analgesic Combopak
Anticonvulsants*	topiramate	Qudexy XR, Trokendi XR
Antidepressants*	bupropion SR	Aplenzin [#]
	<p>Any two of the following generics or preferred brands: bupropion, citalopram, duloxetine, escitalopram, fluoxetine, mirtazapine, paroxetine, paroxetine ER, sertraline, venlafaxine, venlafaxine ER</p> <p>Pristiq</p>	Brintellix [#] , Viibryd [#]
	<p>Any two of the following generics or preferred brands: duloxetine, venlafaxine, venlafaxine ER</p> <p>Pristiq</p>	Fetzima [#]
Antipsychotics*	<p>Any two of the following generics or preferred brands: aripiprazole, olanzapine, quetiapine, risperidone</p> <p>Saphris, Seroquel XR</p>	Fanapt [#] , Geodon [#] , Invega [#] , Latuda [#] , Rexulti [#] , Vraylar [#]
Dementia Agents	<p>Any one of the following generics: donepezil</p> <p>AND any one of the following generics or preferred brands: memantine</p> <p>Namenda XR</p>	Namzaric [#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Insomnia Agents	Any one of the following generics: eszopiclone, temazepam, zaleplon, zolpidem, zolpidem CR	Belsomra[#]
	Any one of the following generics: zolpidem, zolpidem CR	Edluar[#], Intermezzo[#], Zolpimist[#]
Migraine Agents	Any one of the following generics: rizatriptan, sumatriptan, zolmitriptan	Treximet[#], Zecuity[#]
Narcotic Analgesics	Any one of the following generics: tramadol, tramadol-acetaminophen	Tramadol ER[#]
	Any two of the following generics or preferred brands: hydromorphone ER, morphine sulfate ER, oxycodone ER Embeda, Opana ER, Oxycontin	Hysingla ER[#], Kadian[#], Nucynta ER[#], Zohydro ER[#]
Neurologic Agents	gabapentin	Gralise[#]
	Any one of the following generics or preferred brands: amitriptyline, cyclobenzaprine, duloxetine Lyrica	Savella[#]
Non-Narcotic Analgesics	Any two of the following generics: diclofenac, diclofenac CR, diflunisal, etodolac, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac, meclofenamate, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin	Tivorbex
Parkinson's Disease	Any one of the following generics: carbidopa-levodopa, carbidopa-levodopa CR	Rytary

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Women's Health	Any one of the following generics: esterified estrogens-methyltestosterone, estradiol, estradiol-norethindrone, estropipate, paroxetine, fluoxetine	Brisdelle[#]
Dermatology		
Miscellaneous	triamcinolone cream 0.1%	DermacinRx Silapak, Derma SilkRx SDS Pak
Skin Cancer Agents	Any one of the following generics: fluorouracil, imiquimod	Picato
Topical Immuno- modulators	Any one of the following generics: alclometasone, amcinonide, betamethasone, clobetasol, clocortolone, desonide, desoximetasone, diflorasone, fluocinolone, fluocinonide, fluticasone, halobetasol, hydrocortisone, mometasone, prednicarbate, triamcinolone, pramoxine-HC, calcipotriene-betamethasone	Elidel
Endocrinology		
Basal Insulin	Both of the following preferred brands: Lantus, Levemir	Toujeo, Tresiba, Ryzodeg, Basaglar

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Diabetic Agents	<p>Any one of the following generics: metformin, metformin ER glipizide-metformin, glyburide-metformin pioglitazone, pioglitazone-glimepiride, pioglitazone-metformin</p>	Actoplus Met XR
	<p>Any two of the following generics or preferred brands: metformin, metformin ER chlorpropamide, glimepiride, glipizide, glyburide, pioglitazone, tolazamide, tolbutamide</p> <p>Humalog, Humulin, Lantus, Levemir, Novolin, Novolog Bydureon[†], Byetta[†], Trulicity[†], Victoza[†]</p> <p>OR any one of the following generics: glipizide-metformin, glyburide-metformin, pioglitazone-glimepiride, pioglitazone-metformin</p>	Glyset
	<p>Any two of the following generics or preferred brands: metformin, metformin ER chlorpropamide, glimepiride, glipizide, glyburide, pioglitazone, tolazamide, tolbutamide</p> <p>Humalog, Humulin, Lantus, Levemir, Novolin, Novolog</p> <p>Bydureon[†], Byetta[†], Trulicity[†], Victoza[†]</p>	Avandamet, Avandaryl, Avandia, Cycloset
Diabetic Test Strips	<p>Both of the following preferred brands: Accu-Check, Onetouch</p>	Abbott [#] , Acon [#] , At Last [#] , Bayer [#] , Embrace [#] , EPS [#] , Fora Care [#] , Glucocard [#] , Gmate [#] , Liberty [#] , Neutek [#] , Quintet [#] , Relion [#] , Reveal [#] , Supreme [#] , True Metrix [#] , Truetest [#] , Truetrack [#] , Ultima [#] , Unistrip [#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
DPP4 Inhibitors	<p>Any one of the following generics or preferred brands: metformin, metformin ER chlorpropamide, glimepiride, glipizide, glipizide-metformin, glyburide, glyburide- metformin, tolazamide, tolbutamide pioglitazone, pioglitazone-glimepiride, pioglitazone-metformin Humalog, Humulin, Lantus, Levemir, Novolin, Novolog Bydureon[†], Byetta[†], Trulicity[†], Victoza[†]</p>	<p>Janumet, Janumet XR, Januvia, Kombiglyze XR, Onglyza</p>
	<p>Any one of the following preferred brands: Janumet[†], Janumet XR[†], Januvia[†] AND any one of the following preferred brands: Kombiglyze XR[†], Onglyza[†]</p>	<p>Jentaduetto, Kazano, Nesina, Oseni, Tradjenta</p>
GLP-1 Agonists	<p>Any one of the following generics or preferred brands: metformin, metformin ER chlorpropamide, glimepiride, glipizide, glipizide-metformin, glyburide, glyburide- metformin, tolazamide, tolbutamide pioglitazone, pioglitazone-glimepiride, pioglitazone-metformin Humalog, Humulin, Lantus, Levemir, Novolin, Novolog</p>	<p>Bydureon[#], Byetta[#], Trulicity[#], Victoza[#]</p>
	<p>Any one of the following preferred brands: Bydureon[†], Byetta[†] AND any one of the following preferred brands: Trulicity[†], Victoza[†]</p>	<p>Tanzeum[#]</p>

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Step Therapy Medications Continued

Condition	Step 1	Step 2
SGLT2 Inhibitors	<p>Any one of the following generics or preferred brands: metformin, metformin ER chlorpropamide, glimepiride, glipizide, glipizide-metformin, glyburide, glyburide- metformin, tolazamide, tolbutamide pioglitazone, pioglitazone-glimepiride, pioglitazone-metformin Humalog, Humulin, Lantus, Levemir, Novolin, Novolog Bydureon[†], Byetta[†], Trulicity[†], Victoza[†]</p>	<p>Invokamet, Invokana, Jardiance, Synjardy</p>
	<p>Any one of the following preferred brands: Invokamet[†], Invokana[†] AND any one of the following preferred brands: Jardiance[†], Synjardy[†]</p>	<p>Farxiga, Glyxambi, Xigduo XR</p>
Short-Acting Insulin	<p>Any one of the following preferred brands: Humalog, Novolog</p>	<p>Apidra</p>
Gastroenterology		
Constipation Agents	<p>Any one of the following generics: lactulose, polyethylene glycol</p>	<p>Amitiza[#], Linzess[#]</p>
Gastroprotective Agents	<p>Any one of the following generics: diclofenac, etodolac, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin</p>	<p>Duexis[#]</p>
Irritable Bowel Syndrome	<p>Lialda</p>	<p>Apriso, Asacol HD, Delzicol</p>
Pancreatic Enzymes	<p>Both of the following preferred brands: Creon, Zenpep</p>	<p>Pancreaze, Pertzye, Ultresa, Viokace</p>

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Proton Pump Inhibitors	Any two of the following generics or preferred brands: esomeprazole, omeprazole, lansoprazole, pantoprazole Dexilant	Aciphex[#], esomeprazole strontium[#], First-Lansoprazole, First-Omeprazole, Prevacid[#], Prilosec[#], Protonix[#], Zegerid[#]
	Any one of the following preferred brands: Omeclamox-Pak, Pylera	Helidac, Prevpac
Miscellaneous		
Antigout Agents	Colcrys	Mitigare, colchicine
	allopurinol	Uloric
Ophthalmology		
Ophthalmic Antihistamines	Any one of the following generics or preferred brands: azelastine Pataday, Patanol	Bepreve, Lastacft
Respiratory		
Epinephrine Auto Injectors*	Any one of the following preferred brands: Epipen, Epipen-Jr	Adrenaclick, Auvi-Q, epinephrine
Inhaled Corticosteroids	Any two of the following preferred brands: Arnuity Ellipta, Flovent, Pulmicort Flexhaler, QVAR	Alvesco[#], Asmanex[#]
Inhaled Cystic Fibrosis Agents	Bethkis	Kitabis, Tobi, Tobi Podhaler[#]
Leukotriene Modifiers	Any one of the following generics: montelukast, zafirlukast	Zyflo, Zyflo CR
Long-Acting Bronchodilators	Any two of the following preferred brands: Advair, Breo Ellipta, Serevent, Symbicort	Arcapta[#], Striverdi Respimat[#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Long-Acting Bronchodilator Combinations	Any two of the following preferred brands: Advair, Breo Ellipta, Symbicort	Dulera [#]
	Any one of the following preferred brands: Advair, Breo Ellipta, Serevent, Symbicort AND any one of the following preferred brands: Spiriva	Utibron Neohaler [#]
Short-Acting Beta Agonist Inhalers	Any one of the following preferred brands: Ventolin HFA AND any one of the following preferred brands: ProAir HFA, ProAir Respiclick	Proventil HFA [#] , Xopenex HFA [#]
Urology		
BPH Agents	Any two of the following generics or preferred brands: alfuzosin, doxazosin, tamsulosin, terazosin Rapaflo	Cardura XL
Urinary Antispasmodics	Any two of the following generics or preferred brands: Oxybutynin IR/ER, tolterodine IR/ER Gelnique, Vesicare	Myrbetriq

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Step therapy requirements are effective as of July 1, 2016. The list of step therapy medications is subject to change without notice. Step therapy requirements may vary by benefit plan. Additional clinical programs, including quantity limits and prior authorization, may exist for the above medications which may affect your prescription drug coverage.

† These agents are also subject to additional step requirements as indicated in table.

Quantity limits may also apply. Please refer to the Select Quantity Limits document.

* Applies to new starts only



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