

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, Ciprofloxacin
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	Any two of the following generics: atorvastatin, fluvastatin, fluvastatin ER, lovastatin, pravastatin, rosuvastatin, simvastatin	Altoprev, Lipitor, Livalo
Fibric Acid Derivatives	Any one of the following generics: fenofibric cap, fenofibrate tab, fenofibrate micronized cap, fenofibric acid tab AND any one of the following preferred brands: Lipofen	Fenoglide, Fibricor, Lofibra, Triglide
Antianginals	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 Azor[†], Bystolic, Cardene SR, Dilatrate SR, Inderal XL, Innopran XL, Levatol	Ranexa
Central Nervous System		
ADHD Agents	Any two of the following generics or preferred brands: amphetamine-dextroamphetamine IR or ER, dexamethylphenidate IR or ER, dextroamphetamine IR or SR, methylphenidate IR or ER, Vyvanse	Adderall XR[#], Adzenys XR ODT[#], Aptensio XR[#], Concerta[#], Daytrana[#], Desoxyn[#], Dyanavel XR[#], Evekeo[#], Focalin XR[#], Kapvay, Metadate CD[#], Methylin[#] solution, Methylin Chew[#], Procentra[#], Quillichew ER[#], Quillivant[#], Ritalin LA[#], Zenzedi[#]

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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 Inflammatral 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	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>	Trintellix [#] , 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 [#] , Rexulti [#] , Vraylar [#]
Insomnia Agents	<p>Any one of the following generics: eszopiclone, temazepam, zaleplon, zolpidem, zolpidem CR</p>	Belsomra [#]
	<p>Any one of the following generics: zolpidem, zolpidem CR</p>	Edluar [#] , Zolpimist [#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Migraine Agents	Any one of the following generics: rizatriptan, sumatriptan, zolmitriptan	Treximet[#], Zecuity[#]
	Any two of the following generics: rizatriptan, sumatriptan, zolmitriptan	Onzetra Xsail[#]
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[#], Xtampza 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	Cambia, Tivorbex
Parkinson's Disease	Any one of the following generics: carbidopa-levodopa, carbidopa-levodopa CR	Rytary
Women's Health	Any one of the following generics: esterified estrogens-methyltestosterone, estradiol, estradiol-norethindrone, estropipate, paroxetine, fluoxetine	Brisdelle[#]
Dermatology		

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Miscellaneous	triamcinolone cream 0.1%	DermacinRx Silapak, Derma SilkRx SDS Pak, Dermawerx, NutriaRx, Sanadermr, Tri-Sila, Sure Result Kit TAC Pak, Whytederm
Rosacea	Soolantra	Finacea
Skin Cancer Agents	Any one of the following generics: fluorouracil, imiquimod	Picato
Topical Acne Treatments	Any one of the following preferred brands: Epiduo/Epiduo Forte, Onexton	Acanya, Benzaclin, Benzamycin, Duac, Veltin, Ziana
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	All of the following preferred brands: Lantus, Levemir, and Toujeo	Ryzodeg, Basaglar
Diabetic Agents	Any one of the following generics: metformin, metformin ER glipizide-metformin, glyburide-metformin pioglitazone-metformin	Actoplus Met XR
	Any one of the following generics: glipizide-metformin, glyburide-metformin, metformin, metformin ER, pioglitazone-metformin	Avandamet, Avandaryl, Avandia, Cycloset

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Step Therapy Medications Continued

Condition	Step 1	Step 2
Blood Glucose Meters and Strips	Both of the following preferred brands: Accu-Check, Onetouch	Abbott [#] , Acon [#] , At Last [#] , Bayer [#] , Embrace [#] , EPS [#] , Fora Care [#] , Glucocard [#] , Gmate [#] , Liberty [#] , Neutek [#] , Quintet [#] , Relion [#] , Reveal [#] , Supreme [#] , True Metrix [#] , Truetest [#] , Truetrack [#] , Ultima [#] , Unistrip [#]
DPP4 Inhibitors	Any one of the following generics: metformin, metformin ER, glipizide-metformin, glyburide-metformin, pioglitazone-metformin	Janumet, Janumet XR, Januvia, Jentaducto, Jentaducto XR, Tradjenta
	Any one of the following preferred brands: Janumet [†] , Janumet XR [†] , Januvia [†] AND any one of the following preferred brands: Jentaducto [†] , Jentaducto XR [†] , Tradjenta [†]	alogliptin, alogliptin-metformin, alogliptin-pioglitazone, Kazano , Kombiglyze XR, Nesina, Onglyza, Oseni
GLP-1 Agonists	Any one of the following generics: metformin, metformin ER, glipizide-metformin, glyburide-metformin, pioglitazone-metformin	Bydureon [#] , Byetta [#] , Trulicity [#] , Victoza [#]
	Any one of the following preferred brands: Bydureon [†] , Byetta [†] AND any one of the following preferred brands: Trulicity [†] , Victoza [†]	Tanzeum [#]

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Step Therapy Medications Continued

Condition	Step 1	Step 2
SGLT2 Inhibitors	Any one of the following generics: metformin, metformin ER, glipizide-metformin, glyburide-metformin, pioglitazone-metformin	Invokamet, Invokana, Jardiance, Synjardy
	Any one of the following preferred brands: Invokamet[†], Invokana[†] AND any one of the following preferred brands: Jardiance[†], Synjardy[†]	Farxiga, Glyxambi, Xigduo XR
Short-Acting Insulin	Any one of the following preferred brands: Humalog, Novolog	Apidra
Gastroenterology		
Constipation Agents	Any one of the following generics: lactulose, polyethylene glycol	Amitiza[#], Linzess[#]
Gastroprotective Agents	Any one of the following generics: diclofenac, etodolac, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin	Duexis[#]
Irritable Bowel Syndrome	Both of the following preferred brands: Apriso, Lialda	Asacol HD, Delzicol, mesalamine DR
Opioid-Induced Constipation	Amitiza	Movantik
Pancreatic Enzymes	Both of the following preferred brands: Creon, Zenpep	Pancreaze, Pertzye, Ultresa, Viokace

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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, Zurampic
Ophthalmology		
Ophthalmic Antihistamines	Any one of the following generics or preferred brands: azelastine Pataday, Patanol	Bepreve, Lastacraft
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

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Condition	Step 1	Step 2
Long-Acting Bronchodilators	Any two of the following preferred brands: Advair, Breo Ellipta, Serevent, Symbicort	Arcapta [#] , Striverdi Respimat [#]
	Both of the following preferred brands: Incruse Ellipta, Spiriva	Tudorza Pressair [#]
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	Bevespi Aerosphere [#] , 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 [#]

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Condition	Step 1	Step 2
Urology		
BPH Agents	<p>Any two of the following generics or preferred brands: alfuzosin, doxazosin, tamsulosin, terazosin</p> <p>Rapaflo</p>	Cardura XL
Urinary Antispasmodics	<p>Any two of the following generics or preferred brands: Oxybutynin IR/ER, tolterodine IR/ER</p> <p>Vesicare</p>	Myrbetriq

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Step therapy requirements are effective as of January 1, 2017. 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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