

## Prescription Drug Step Therapy Programs

A step therapy program encourages the use of the preferred drug prior to the utilization of a non-preferred drug. The preferred drug is a well-supported treatment option and represents the most cost-effective drug for a given condition. An established evidence-based protocol must be met before a non-preferred specialty drug will be covered. Simply put, a step therapy preferred drug strategy enhances the use of safe, equally effective, and less expensive drugs before "stepping up" to a more expensive therapeutic alternative.

The step therapy program will impact those insureds who are receiving certain specialty drug medications in the Human Growth Hormone and Tumor Necrosis Factor (TNF) drug class. In addition, insureds using a prescription drug in the Proton Pump Inhibitor (PPI) drug class to treat ulcers, gherd, stomach acid, etc. will be impacted by this new program. The step therapy program requires the insured to try a lower-cost preferred and/or generic drug before the non-preferred drug will be dispensed and paid for by the plan. **If the preferred drug is an option for you but you continue to use the non-preferred drug, your prescription may not be covered by the plan and you will pay the full cost.**

## Specialty Pharmacy Preferred Drug Step Therapy Strategies

Program targets users of prescription drug(s) in the Human Growth Hormone and Tumor Necrosis Factor (TNF) drug class.

### ➤ Human Growth Hormone

*Medical Diagnosis:* Members using a prescription drug to treat a growth hormone deficiency.

*Program Impact:* Members using Genotropin, Humatrope, Nutropin, Omnitrope, and Tev-Tropin non-preferred drugs.

*Preferred Drug:* Norditropin

*Step Therapy Process:* Members are initially required to try the preferred drug (Norditropin). If the preferred drug is not successful, the member or provider may appeal to Caremark via the clinical Prior Authorization program.

All current and future users will be required to follow the specialty pharmacy Preferred Drug Step Therapy Strategy program (no grandfather status for current users).

### ➤ Tumor Necrosis Factor (TNF)

*Medical Diagnosis:* Members using a prescription drug to treat Rheumatoid Arthritis, Psoriasis, Crohn's Disease, and Ankylosing Spondylitis.

*Program Impact:* Members using Cimzia, Remicade, Simponi non-preferred drugs.

*Preferred Drug:* Enbrel and Humira

*Step Therapy Process:* Members are required to try both preferred drugs (Enbrel and Humira). If the preferred drug is not successful, the member or provider may appeal to Caremark via the clinical Prior Authorization program.

Current users who had a TNF non-preferred prescription filled within the last 90 days will be grandfathered from the program (may continue using a non-preferred drug indefinitely). Members who have not used the preferred drug for 4 months or more will be subject to the step therapy program.

**Communication Program:** CVS Caremark will send correspondence to members impacted by the programs announcing the change and step therapy program.

## **High Performance Generic Step Therapy Program**

Program targets members who are using a brand name drug (when a generic is available) in the Proton Pump Inhibitor (PPI) drug class.

### ➤ **Proton Pump Inhibitor**

*Medical Diagnosis:* Members using a prescription drug to treat ulcers, gherd, stomach acid, etc.

*Program Impact:* Members using Aciphex, Dexilant, Nexium, Prilosec Packets, Protonix Packets and Zegerid Powder for Oral Suspension brand name drugs.

*Preferred Generic Drug:* Lansoprazole, Lansoprazole delayed-release ODT, Omeprazole, Omeprazole-Sodium Bicarbonate, and Pantoprazole.

*Step Therapy Process:* Members are initially required to try the preferred generic drug (Lansoprazole, Omeprazole, and Pantoprazole) for 30 days. If the preferred drug is not successful, the member or provider may appeal to Caremark via the clinical Prior Authorization program.

Members who tried a generic drug in the last 180 days will be grandfathered from the program and will continue to receive the brand name drug indefinitely.

**Communication Program:** CVS Caremark will send correspondence to members impacted by the programs announcing the change and step therapy program.