

## Step Therapy

Step therapy is a program intended to control the costs and risks of prescription drugs. It requires a patient to begin with the most cost-effective and safest drug therapy (Step One drugs) for a medical condition. The patient can switch to other more costly therapies (Step Two drugs) only if necessary.

Share the list below with your doctor and ask him/her to prescribe a Step One drug if and whenever possible. Step therapy medications are listed below:

**Please Note:** This drug list is subject to change. For the most current Step Therapy list and program criteria, please visit [emhp.welldynrx.com](http://emhp.welldynrx.com).

### **\*\*You must use two (2) Step One drugs before using a Step Two drug**

THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
Acid Reflux/GERD	omeprazole, omeprazole/sodium bicarbonate, lansoprazole, pantoprazole, rabeprazole, Nexium	Aciphex, Dexilant, Prevacid, Prilosec packets, Protonix suspension, Zegerid
Allergies: Nasal Spray	budesonide, flunisolide, fluticasone, Nasonex, Qnasal, triamcinolone	Beconase AQ, Dymista, Flonase, Nasacort AQ, Omnaris, Rhinocort Aqua, Veramyst, Zetonna
Anti-depressants (SNRI)	All generic SSRI agents, bupropion SR and XL, venlafaxine IR and ER, Cymbalta	Pristiq
**Anti-depressants (SSRI)	All generic SSRI agents	Luvox CR, Pexeva
Asthma: Inhaled Corticosteroids	Asmanex, Pulmicort Flexhaler, QVAR	Alvesco, Flovent HFA, Flovent Diskus, Aerospa
Asthma: Rescue Inhalers	Proair HFA, Ventolin HFA	Maxair Autohaler, Proventil HFA, Xopenex HFA
Asthma: Respiratory Inhalant Combination	Dulera, Symbicort	Advair Diskus, Advair HFA, Breo Ellipta
Diabetes Therapy - GLP-1 Agonists	Byetta, Bydureon	Victoza
Diabetes Therapy: Oral	Januvia, Janumet/Janumet XR, Kombiglyze XR, Onglyza	Jentadueto, Kazano, Nesina, Tradjenta
Diabetes Therapy: Rapid-acting Insulin	Humalog	Apidra, Novolog
Diabetes Therapy: Regular Insulin	Humulin R, Humulin N, Humulin 70/30	Novolin R, Novolin N, Novolin 70/30
Epinephrine Auto-Injectors	Epipen, Epipen Jr.	Auvi-Q
Erectile Dysfunction	Cialis, Viagra	Levitra, Staxyn, Stendra
Erythroid Stimulants	Procrit, Aranesp	Epogen
Glaucoma	latanoprost, travoprost, Lumigan, Travatan Z	Rescula, Xalatan, Zioptan

**\*\*You must use two (2) Step One drugs before using a Step Two drug**

THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
Growth Hormones	Genotropin, Humatrope, Norditropin/Norditropin Nordiflex	Nutropin, Nutropin AQ, Omnitrope, Tev-Tropin, Saizen
Hepatitis C: Peginterferon Alfa	Pegasys	PEG-Intron
High Blood Pressure (ARB's)	candesartan/candesartan-HCTZ, eprosartan, irbesartan/irbesartan-HCTZ, losartan/losartan-HCTZ, valsartan, valsartan-HCTZ, Azor, Benicar/Benicar HCT, Exforge/Exforge HCT, Tribenzor	Atacand, Atacand HCT, Diovan, Diovan HCT, Edarbi, Edarbyclor, Micardis, Micardis HCT, Teveten, Teveten HCT, Twynsta
Infertility: Ovulatory Stimulants	Gonal-F/ RFF	Follistim AQ, Bravelle
Insomnia	zaleplon, zolpidem IR and CR	Intermezzo, Lunesta, Edluar, Rozerem, Silenor, Zolpimist
Low Testosterone	Androgel, Axiron	Fortesta, Striant, Testim, Vogelxo, Testosterone 1% gel (authorized generic for both Vogelxo and Testim)
Migraine	naratriptan, rizatriptan, sumatriptan, zolmitriptan, Relpax	Amerge, Axert, Frova, Imitrex, Maxalt/MLT, Treximet, Zomig/ZMT
Multiple Sclerosis: Injections	Avonex, Copaxone, Extavia, Rebif	Betaseron
Multiple Sclerosis: Oral	Avonex, Copaxone, Extavia, Rebif	Aubagio, Gilenya, Tecfidera
**Non-steroidal Anti-inflammatory Agent	All generic NSAID agents	Celebrex
Opioid Analgesics	morphine sulfate ER, oxymorphone ER, Nucynta ER, Opana ER, Oxycontin	Avinza, Exalgo, Kadian, Zohydro
Osteoporosis	alendronate, ibandronate	Actonel, Atelvia, Binosto, Fosamax plus D
Overactive Bladder	oxybutynin IR/ XL, trospium IR/ XR, tolterodine IR/LA, tolterodine LA, Gelnique, Myrbetriq, Toviaz, Vesicare	Detrol, Detrol LA, Ditropan, Ditropan XL, Enablex, Oxytrol, Sanctura, Sanctura XR
Pancreatic Enzymes	Pancrealipase, Zenpep	Creon, Pancreaze, Pertzye, Ultresa
Prostate Cancer	Zytiga	Xtandi
Pulmonary Arterial Hypertension	Tracleer, Opsumit	Letaris
**Rheumatoid Arthritis	Enbrel AND Humira	Cimzia, Simponi, Kineret, Orencia SQ, Orencia IV, Otezla, Stelara, Rituxan, Remicade, Actemra, Simponi Aria, Xeljanz