

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.

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

THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
Androgens for Low Testosterone	Androgel, Axiron	Fortesta, Testim
Angiotensin Receptor Blockers (ARBs) for High Blood Pressure	candesartan/candesartan-HCTZ, eprosartan, irbesartan/irbesartan-HCTZ, losartan/losartan-HCTZ, valsartan-HCTZ, Azor, Benicar/Benicar HCT, Diovan, Exforge/Exforge HCT, Tribenzor	Atacand, Atacand HCT, Diovan HCT, Edarbi, Edarbyclor, Micardis, Micardis HCT, Teveten, Teveten HCT, Twynsta
Anti-diabetic Disease Therapy - Rapid-acting Insulin	Humalog	Apidra, Novolog
Anti-diabetic Disease Therapy - Regular Insulin	Humulin R, Humulin N, Humulin 70/30	Novolin R, Novolin N, Novolin 70/30
Anti-diabetic Disease Therapy - GLP-1 Agonists	Byetta, Bydureon	Victoza
**Anti-inflammatory Tumor Necrosis Factor Inhibiting Agents for Arthritis	Enbrel AND Humira	Cimzia, Simponi, Kineret, Orencia, Stelara, Rituxan, Remicade, Actemra, Simponi Aria, Xeljanz
**COX-2 Inhibitors for Arthritis	All generic NSAID agents	Celebrex
Dipeptidyl-Peptidase-IV (DPP-IV) for Diabetes	Januvia, Janumet/Janumet XR, Kombiglyze XR, Onglyza	Jentaduetto, Kazano, Nesina, Tradjenta
Epinephrine Auto-Injectors	Epipen, Epipen Jr.	Auvi-Q
Erectile Dysfunction	Cialis, Viagra	Levitra, Staxyn
Erythroid Stimulants	Procrit, Aranesp	Epogen
Growth Hormones for Growth Deficiency	Genotropin, Humatrope, Norditropin/Norditropin Nordiflex	Nutropin, Nutropin AQ, Omnitrope, Tev-Tropin, Saizen
Hepatitis C - Peginterferon Alfa	Pegasys	PEG-Intron
Inhaled Corticosteroids for Asthma	Asmanex, Pulmicort Flexhaler, QVAR	Alvesco, Flovent HFA, Flovent Diskus,
Interferons for Multiple Sclerosis	Avonex, Copaxone, Extavia, Rebif	Betaseron
Orals for Multiple Sclerosis	Avonex, Copaxone, Extavia, Rebif	Aubagio, Gilenya, Tecfidera

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

THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
Intranasal Corticosteroids for Allergies	flunisolide, fluticasone, Nasonex, Qnasal, triamcinolone	Beconase AQ, Flonase, Nasacort AQ, Omnaris, Rhinocort Aqua, Veramyst, Zetonna
Long-Acting Opioid Oral Analgesics	morphine sulfate ER, oxycodone ER, Nucynta ER, Opana ER, Oxycontin	Avinza, Exalgo, Kadian, Zohydro
Ophthalmic Prostaglandins for Glaucoma	latanoprost, travoprost, Lumigan, Travatan Z	Rescula, Xalatan, Zioptan
Osteoporosis Agent - Bisphosphonates	alendronate, ibandronate	Actonel, Atelvia, Binosto, Fosamax plus D
Ovulatory Stimulants - Follicle Stimulating Hormone for Infertility	Gonal-F/ RFF	Follistim AQ, Bravelle
Overactive Bladder	oxybutynin IR/ XL, trospium IR/ XR, tolterodine IR, Detrol/Detrol LA, Enablex, Gelnique, Myrbetriq, Toviaz, Vesicare	Ditropan, Ditropan XL, Oxytrol, Sanctura, Sanctura XR
Pancreatic Enzymes	Pancrelipase, Zenpep	Creon, Pancreaze, Pertzye, Ultresa
Prostate Cancer	Zytiga	Xtandi
Proton Pump Inhibitors for Acid Reflux	omeprazole, omeprazole/sodium bicarbonate, lansoprazole, pantoprazole, Nexium	Aciphex, Dexilant, Prevacid, Prilosec packets, Protonix suspension, Zegerid
Pulmonary Arterial Hypertension - Endothelin-Receptor Antagonists	Tracleer	Letaris
Respiratory Corticosteroid/Long-Acting Beta-Agonist Combination Products for Asthma	Dulera, Symbicort	Advair Diskus, Advair HFA, Breo Ellipta
Sedative Hypnotics for Insomnia	zaleplon, zolpidem IR and CR	Intermezzo, Lunesta, Edluar, Rozerem, Silenor, Zolpimist
Selective Norepinephrine Reuptake Inhibitors (SNRIs) for Depression	All generic SSRI agents, bupropion SR and XL, venlafaxine IR and ER, Cymbalta	Pristiq
**Selective Serotonin Reuptake Inhibitors (SSRIs) for Depression	All generic SSRI agents	Luvox CR, Pexeva
Short-Acting Inhaled Bronchodilators	Proair HFA, Ventolin HFA	Maxair Autohaler, Proventil HFA, Xopenex HFA
Triptans for Migraine	naratriptan, rizatriptan, sumatriptan, zolmitriptan, Relpax	Amerge, Axert, Frova, Imitrex, Maxalt/MLT, Treximet, Zomig/ZMT