



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 and after the Step One drug therapy has been completed, without success. The patient can always choose a Step Two drug prior to trying a Step One drug; however, the plan will not cover the Step Two drug in that case.

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.welldynernx.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	Esomeprazole, omeprazole, omeprazole/sodium bicarbonate, lansoprazole, pantoprazole, rabeprazole	Aciphex, Dexilant, Nexium, Prevacid, Prilosec packets, Protonix suspension, Zegerid
Allergies: Nasal Spray	Dymista, flunisolide, fluticasone, Nasonex, Qnasal, triamcinolone	Beconase AQ, Nasacort AQ, Omnaris, Rhinocort Aqua, Veramyst, Zetonna
Anti-depressants (SNRI)	All generic SSRI agents, bupropion SR and XL, venlafaxine IR and ER, duloxetine	Pristiq, Desvenlafaxine
**Anti-depressants (SSRI)	All generic SSRI agents	Luvox CR, Pexeva
Asthma: Inhaled Corticosteroids	Asmanex, Pulmicort Flexhaler, QVAR	Aerospan, Arnuity Ellipta, Alvesco, Flovent HFA, Flovent Diskus
Asthma: Rescue Inhalers	Proair HFA, ProAir RespiClick, Ventolin HFA	Proventil HFA, Xopenex HFA
Asthma: Respiratory Inhalant Combination	Dulera, Symbicort	Advair, Breo Ellipta
Attention Deficit/Hyperactive Disorder (ADD/ADHD)	amphetamine/dextroamphetamine er, amphetamine/dextroamphetamine, dexamethylphenidate, dexamethylphenidate er, methylphenidate, methylphenidate er, dextroamphetamine, dextroamphetamine er,	Adderall, Adderall XR, Focalin, Focalin XR, Concerta, Dyanavel XR, Metadate CD, Metadate ER, Aptensio XR, Methylin, Ritalin LA,



THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
	methamphetamine, Vyvanse, Daytrana	Ritalin, Quilivant XR, Quillichew, Evekeo, Dexedrine, Zenedi, Procentra, Desoxyn, Dyanavel XR
Bacterial Conjunctivitis: Ophthalmic Quinolone	Moxeza, Vigamox	Besivance
Diabetes Therapy: Biguanides	Metformin extended-release	Fortamet, Glucophage, Glumetza
Diabetes Therapy - GLP-1 Agonists	Byetta, Bydureon	Victoza, Tanzeum, Trulicity
Diabetes Therapy: Oral	Januvia, Janumet/Janumet XR, Jentadueto, Tradjenta	Kazano, Kombiglyze XR Nesina, Onglyza, Oseni
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
Erectile Dysfunction	Cialis, Viagra	Levitra, Staxyn, Stendra
Erythroid Stimulants	Procrit	Aranesp, Epogen. Mircera
Glaucoma: antihypertensives	Apraclonidine, brimonidine, dorzolamide/timolol, Alphagan.P 0.1%, combigan	Iopidine, Alphagan.P 0.15%, Cosopt
Glaucoma: prostaglandins	latanoprost, travoprost, Lumigan, Travatan Z	Rescula, Xalatan, Zioptan
Growth Hormones	Genotropin, Humatrope, Norditropin, Norditropin Nordiflex	Nutropin, Nutropin AQ, Omnitrope, Saizen, Zomacton (formerly Tev-tropin)
High Blood Pressure (ARB's)	candesartan/candesartan-HCTZ, eprosartan, irbesartan/irbesartan-HCTZ, losartan/losartan-HCTZ, telmisartan, telmisartan/amlodipine, valsartan, valsartan-HCTZ, Azor, Benicar/Benicar HCT, Tribenzor	Atacand, Atacand HCT, Avalide, Avapro, Cozaar, Diovan, Diovan HCT, Edarbi, Edarbyclor, Exforge/Exforge HCT, Micardis, Micardis HCT, Teveten, Teveten HCT, Twynsta
^a Immunologic agents	Enbrel, Humira, Stelera, Simponi 100mg	Cimzia, Simponi 50mg, Kineret, Orencia, Otezla, Actemra, Rituxan, Remicade, Simponi Aria, Xeljanz
Infertility: GnRH Antagonists	Cetrotide	Granirelix
Infertility: Ovulatory Stimulants	Gonal-F/ RFF	Follistim AQ, Bravelle
Infertility: Progesterones (vaginal)	Crinone	Endometrin

^aImmunologic agents cover disease states such as: Rheumatoid arthritis, Plaque Psoriasis, Psoriatic arthritis, Ankylosing spondylitis, Hidradenitis Suppurativa, Crohns disease, Ulcerative colitis, Juvenile idiopathic arthritis.



THERAPEUTIC CATEGORY	STEP ONE DRUGS	STEP TWO DRUGS
Insomnia	Eszopiclone, zaleplon, zolpidem IR and CR	Intermezzo, Lunesta, Edluar, Rozerem, Silenor, Zolpimist
Low Testosterone	Androgel, Axiron	Fortesta, Natesto, 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
**Non-steroidal Anti-inflammatory Agent	All generic NSAID agents	Celebrex
Opioid Analgesics	Hysingla ER, morphine sulfate ER, oxymorphone ER, Nucynta ER, Opana ER, Oxycontin	Avinza, Embeda, Exalgo, Kadian, MS Contin, Zohydro, oxycodone ER
Osteoarthritis	Euflexxa, Monovisc, Orthovisc	Gel-one, Hyalgan, Supartz, Synvisc, Synvisc-One
Osteoporosis	alendronate, ibandronate	Actonel, Atelvia, Binosto, Fosamax plus D
Otic Antibiotics	Ciprofloxacin otic solution, Ciprodex	Cetraxal
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	Creon, Pancrelipase, Zenpep	Pancreaze DR, Pertzye, Ultresa
Prostate Cancer	Zytiga	Xtandi
Pulmonary Arterial Hypertension	Tracleer, Opsumit	Letaris
Topical Estrogen: non-patch	Divigel, Evamist	Elestrin, Estrasorb, Estrogel
Topical Acne/ Antibiotic Combinations	Clindamycin/ benzoyl peroxide, Acanya, Onexton, Ziana	BenzaClin Gel Pump, Veltin