

# Step Therapy Program

## 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 medically necessary and after the Step One drug therapy has been completed without success. The patient, after consultation with their provider, 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 provider and ask him/her to prescribe a Step One drug if and whenever possible. Step therapy medications are listed below:

Please note all drugs in the Step Therapy program are updated as new products and generic drugs become available. Therefore, we recommend that you periodically check either the WellDyne website, [emhp.welldyne.com](http://emhp.welldyne.com) or the EMHP website, [www.emhp.org](http://www.emhp.org) for the most current information or you can contact WellDyne directly at 1-855-799-6831.

**\*\*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, lansoprazole, pantoprazole, rabeprazole	Aciphex, Dexilant, Nexium, Prevacid, Prilosec packets, Protonix suspension
Allergies: Nasal Spray	Dymista, flunisolide, fluticasone, Qnasal, triamcinolone, Veramyst	Beconase AQ, Flonase, Nasacort AQ, Nasonex Omnaris, Rhinocort Aqua, Zetonna
**Anti-depressants (SSRI/SNRI)	All generic SSRI agents, bupropion SR and XL, venlafaxine IR and ER, duloxetine	Luvox CR, Pexeva, Pristiq, Trintellix, Viibryd (all MSBs are included)
Asthma: Inhaled Corticosteroids	Arnuity Ellipta, Asmanex, Flovent HFA, Flovent Diskus, Pulmicort Flexhaler, QVAR	Aerospan, Alvesco,
Asthma: Rescue Inhalers	Proair HFA, ProAir RespiClick, Ventolin HFA	Proventil HFA, Xopenex HFA
Attention Deficit/Hyperactive Disorder (ADD/ADHD)	amphetamine/dextroamphetamine er, amphetamine/dextroamphetamine, dexamethylphenidate, dexamethylphenidate er, methylphenidate, methylphenidate er, dextroamphetamine, dextroamphetamine er, methamphetamine, Vyvanse, Daytrana	Atacand, Atacand HCT, Avalide, Avapro, Cozaar, Diovan, Diovan HCT, Edarbi, Edarbyclor, Exforge/Exforge HCT, Micardis, Micardis HCT, Tekturna, Tekturna HCT, Teveten, Teveten HCT, Twynsta
Bacterial Conjunctivitis: Ophthalmic Quinolone	ciprofloxacin, levofloxacin Moxeza, Vigamox	Besivance
Dementia	Donepezil, memantine	Namenda XR, Namzaric
Erectile Dysfunction	Viagra	Levitra, Staxyn, Stendra

Therapeutic Category	Step One Drugs	Step Two Drugs
Glaucoma: prostaglandins	latanoprost, travoprost, Lumigan, Travatan Z	Rescula, Xalatan, Zioptan
High Blood Pressure (ARB's)	amlodipine/valsartan, amlodipine/valsartan HCTZ, 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, Tekturna, Tekturna HCT, Teveten, Teveten HCT, Twynsta
High Cholesterol: Fibric Acid Derivatives	fenofibric capsules, fenofibrate tablets, fenofibrate micronized, fenofibric acid capsule	Fenoglide, Fibrocor, Lofibra, Lipofen, Triglide (all branded generics included)
Infertility: Progesterones (vaginal)	Crinone	Endometrin
Insomnia	Eszopiclone, temazepam, triazolam, zaleplon, zolpidem IR and CR	Belsomra, Intermezzo, Lunesta, Edluar, Rozerem, Silenor, Zolpimist (all MSBs are included)
Low Testosterone	Androgel, Axiron	Fortesta, Natesto, Striant, Testim, Vogelxo, Testosterone 1% gel (authorized generic for both Vogelxo and Testim)
**Non-steroidal Anti-inflammatory Agent	All generic NSAID agents	Celebrex, celecoxib, Tivorbex, Vivlodex
Opioid Analgesics	Butrans, hydromorphone er, Hysingla ER, morphine sulfate ER/CR, Nucynta ER, Opana ER, Oxycontin, oxymorphone ER	Avinza, Embeda, Exalgo, Kadian, MS Contin, Oxaydo, Xtampza, Zohydro,
Osteoporosis	alendronate, ibandronate	Actonel, Atelvia, Binosto, Fosamax plus D (all MSBs are included)
Otic Antibiotics	Ciprofloxacin otic solution, Ciprodex	Cetraxal
Overactive Bladder	oxybutynin IR/ XL, trospium IR/XR, tolterodine IR/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
Pregabalin	gabapentin	Lyrica
Acid Reflux/GERD	Esomeprazole, omeprazole, lansoprazole, pantoprazole, rabeprazole	Aciphex, Dexilant, Nexium, Prevacid, Prilosec packets, Protonix suspension

THESE LISTS AND COVERAGES FOR THESE DRUGS ARE SUBJECT TO CHANGE AND TO EMHP PLAN DESIGN GUIDELINES.