

To help make the use of prescription drugs safer and more affordable, NHP/SHP is using a Step Therapy program

Medications are grouped into two categories:

First Step Medications: These are the drugs recommended to take first — usually generic medications, which have been proven safe and effective.

Targeted Step Medications: These are brand-name medications, recommended for patients only if a first step medication doesn't work.

Step Therapy Program	Your prescription is for one of these Targeted Step Medications	The program points to one of these First Step Medications	This program looks for	Indication
ADHD - Non-stimulant (formerly called Strattera)	Strattera	Adderall, Adderall XR, Concerta, Daytrana, Desoxyn, Dexedrine, Dexedrine Spansules, Dextroamphetamine IR, Dextroamphetamine SR, dexamethylphenidate IR, Focalin, Focalin XR, Metadate CD, Metadate ER, methamphetamine, Methylin, Methylin ER, methylphenidate ER, methylphenidate immediate release, mixed amphetamine salts IR, Ritalin LA, Ritalin SR, Vyvanse	Prior use of 1 first line medication in the last 130 days	ADHD
Angiotensin II Receptor Antagonists (ARBs)	Diovan HCT, Diovan, Exforge, Exforge HCT, Micardis, Micardis HCT	benazepril, benazepril/HCTZ, captopril, captopril/HCTZ, enalapril, enalapril/HCTZ, fosinopril, fosinopril/HCTZ, lisinopril, lisinopril/HCTZ, ramipril, quinapril, quinapril/HCTZ, Quinaretic, moexipril, trandolapril, moexipril/HCTZ, benazepril/amlodipine, perindopril, trandolapril/verapamil, enalapril/felodipine, losartan, losartan/HCTZ	Prior use of 1 first line medication in the last 130 days	Heart and hypertension
Antiepileptic Drugs (AED)	Stavzor	valproic acid, divalproic sodium	Prior use of 1 first line medication in the last 130 days	Seizures
Antidepressants - Selective Serotonin Norepinephrine Reuptake Inhibitors (SNRI)	Cymbalta, Effexor, Effexor XR, Pristiq, Venlafaxine extended-release, Savella	fluoxetine, fluvoxamine, paroxetine, citalopram, sertraline, venlafaxine/XR	Prior use of 1 first line medication in the last 130 days; for Savella prior use of 2 medication (SSRI and/or SNRI) in the last 130 days. PLEASE NOTE - Members who were taking one of the Targeted Step Medications prior to 10/1/2011 will be able to continue taking the medication.	Depression
COX-2 Inhibitors	Celebrex	diclofenac, etodolac, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac, meclofenamate, mefenamic acid, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin	Prior use of 2 first line medications in the last 130 days	Arthritis/Pain
DPP-4 Inhibitors (formerly called Januvia)	Januvia, Janumet, Onglyza, Kombiglyze XR,	metformin, metformin extended-release, metformin/glyburide, metformin/glipizide	Prior use of 1 first line medication in the last 130 days	Antidiabetic

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HMG - Enhanced National Preferred Formulary - Lipitor Step 2	Altoprev, Caduet, Lescol, Lescol XL, Mevacor, Pravachol, Zocor, Vytorin, Livalo	Step-One: lovastatin, pravastatin, simvastatin Step-Two: Crestor, Lipitor	Prior use of a Step-One in the last 130 days for a Step-Two Product. Prior use of a Step-Two medication in the last 130 days for a targeted product. Prior use of a Step-One and a Step-Two medication in the last 180 days for a targeted product. Grandfathering is not required	Cholesterol
Hypnotics	Rozerem	zolpidem/CR, zaleplon	Prior use of 1 first line medication in the last 130 days	Insomnia
Leukotriene Pathway Inhibitors	Singular	For asthma conditions: Antiasthmatic and Bronchodilator Agents will be used to identify members who likely have asthma. These claims will automatically pay. Accuneb Inh Soln ,Advair Diskus , Advair HFA Mcg Inhaler , Aerobid-M Aerosol , Albuterol Inhal Soln, Albuterol Sulf Syrup, Albuterol Sulfate Tab, Alvesco Inhaler, Aminophylline Tablet, Asmanex Twisthalr, Atrovent Hfa Inhaler, Azmacort Inhaler , Brethine Tablet, Brovana Solution, Budesonide Susp , Combivent Inhaler, Cromolyn Nebulizer Solution , Cromolyn Sodium Powder, Daliresp Tablet, Difil-G Tablet, Difil-G Forte Liquid, Dilex-G Tablet, Dilex-G Liquid, Dilex-G Tablet, Dulera Inhalet, Duoneb Soln, Elixophyllin Elix , Flovent Diskus , Flovent HFA Inhaler , Foradil Aerolizer Cap ,Intal Inhaler, Ipratropium Br Soln, Ipratropium Bromide , Isoproterenol Sulfate Powdr, Levalbuterol Conc , Maxair Autohaler Aero, Metaproterenol Tablet, Metaproterenol Syr , Metaproterenol Sulfate Pwdr , Perforon	Prior use of 1 first line medication from each category in the last 130 days	Asthma
Leukotriene Pathway Inhibitors	Singular	For non-asthma conditions: Category 1: Fluticasone propionate*, Beconase AQ, Flonase, Flunisolide*, Nasacort, Nasarel, Veramyst, Nasonex, Rhinocort AQ, Omnaris Category 2: Fexofenadine*, Allegra^, Allegra-D^, Clarinex, Clarinex-D, loratadine*, loratadine/pseudoephedrine*, Claritin^, Claritin-D^, cetirizine*, cetirizine-pseudoephedrine*, Zyrtec^, Zyrtec D^, Xyzal, Astelin/Astepro, Patanase <i>*try these generics first to avoid being targeted by another step therapy program; ^ these over-the-counter (OTC) products may not be covered under your prescription benefit</i>	Prior use of 1 first line medication from each category in the last 130 days	Allergies
Long-Acting Opioid-Oral	Opana ER, OxyContin	Morphine sustained release, oxymorphone extended-release	Prior use of 1 first line medication in the last 130 days	Pain
Gabapentin (formerly called Lyrica)	Lyrica	gabapentin	Prior use of 1 first line medication in the last 130 days	Neuropathic pain
Metformin	Riomet	metformin, metformin extended-release	Prior use of 90 days of therapy of first line medication in the last 130 days	Diabetes
Proton Pump Inhibitors H2-Receptor Antagonists	Aciphex®, Nexium®, Prevacid®, Prilosec®, Protonix®	Category 1: cimetidine, famotidine, nizatidine, ranitidine Category 2: omeprazole	History of 1 first line medication in the last 130 days	

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Thiazolidinediones (TZD)	Actos, Actoplus Met/XR, Duetact	metformin, metformin extended-release, metformin/glyburide, metformin, glipizide, metformin/repaglinide	Prior use of 1 first line medication in the last 60 days.	Antidiabetic
Topical Immunomodulators	Protopic	alclometasone, amcinonide, betamethasone dipropionate (augmented), betamethasone dipropionate, clobetasol, clobetasone, fluocinonide, fluticasone, halobetasol, betamethasone valerate, hydrocortisone, hydrocortisone butyrate, hydrocortisone buteprate, hydrocortisone acetate, desonide, desoximetasone, hydrocortisone valerate, mometasone, triamcinolone, diflorasone, fluocinolone, clocortolone, flurandrenolide, halocinonide, prednicarbate	Prior use of 1 first line medication in the last 60 days	Dermatologic Conditions
Triptan	Imitrex, Sumavel DosePro, Alsuma, Treximet, Amerge, Zomig/ZMT, Maxalt/MLT, Axert, Frova, Relpax	sumatriptan, naratriptan	Prior use of 1 first line medication in the last 130 days	Migraines
Uloric	Uloric	allopurinol	Prior use of 1 first line medication in the last 130 days	Gout
Zetia	Zetia	simvastatin*, pravastatin*, lovastatin*, Lipitor, Lescol, Lescol XL, Altoprev, Pravachol, Crestor, Mevacor, Zocor, Caduet, Advicor, Simcor, Vytorin, <i>*try one of these generics first to avoid being targeted by another step therapy program.</i>	Prior use of 1 first line medication in the last 130 days	Cholesterol

