

Step Therapy



Most medical conditions can be treated with several different drug options. There are many drugs that cost much less than others despite working the same way and being just as effective. The Step Therapy program helps you get the treatment you need at the most affordable price.

Here's how it works:



Step Therapy means trying less expensive options before moving on to more costly drugs. With this program, you would try a Step 1 drug before a Step 2 drug can be covered by your plan. A Step 2 drug will be covered if the Step 1 drug does not treat the condition it was prescribed for or if it causes side effects that stop treatment.

If your prescription is for a Step 2 drug, our pharmacy system will automatically check for Step Therapy requirements. If your pharmacy history shows you have already tried a Step 1 drug in the recent past, the prescription for the Step 2 drug may be processed. If not, the pharmacist will contact your prescriber for further explanation.

There are some drugs that need an additional step before they can be covered. For a Step 3 drug to be covered, both a Step 1 and a Step 2 drug must be tried first.

We encourage you to discuss your treatment and medication options with your doctor. If you have questions about the Step Therapy program, call customer service at **800-759-3203**.

Step Therapy Medications (2 steps)*

If you have a prescription for any of the following Step 2 drugs, you will need to first try a Step 1 drug(s) before the Step 2 drug is covered.

CONDITION	STEP 1	STEP 2
ACNE	Any one of the following: Epiduo, Epiduo Forte, Onexton	Acanya,+ Aktipak,+ Benzaclin,+ Benzamycin,+ Clindamycin-benzoyl peroxide 1.2-2.5%+ (Oceanside manufacturer), Duac,+ Veltin,+ Ziana+
	Any two single-agent generic topical clindamycin products	Clindagel 1%,+ Clindamycin Phosphate 1% Gel+ (Oceanside manufacturer)
	Doxycycline or minocycline	Seysara
ADHD	Any two of the following: dextroamphetamine, amphetamine-dextroamphetamine, methylphenidate, dexmethylphenidate, clonidine ER, guanfacine ER, Vyvanse	Adderall XR,+ Adzenys ER suspension, Aptensio XR, Concerta,+ Daytrana, Desoxyn, Dyanavel XR, Evekeo, Focalin XR, Kapvay, Metadate, Methylin, Mydayis, Procentra, Quillichew ER, Quillivant XR, Ritalin LA, Zenzedi
	Any one of the following: dextroamphetamine, amphetamine-dextroamphetamine, methylphenidate, dexmethylphenidate, clonidine ER, guanfacine ER, Vyvanse	Adzenys XR-ODT, Cotelpla XR
ALLERGIC REACTIONS	Epinephrine	Auvi-Q 0.15mg,+ Epipen Jr,+ Symjepi
	Epinephrine, Epipen	Auvi-Q 0.3mg+
ANTIBIOTICS	Doxycycline	Acticlate,+ Adoxa, Doryx, Doryx MPC,+ Monodox, Targadox
ANTIPSYCHOTICS#	Any one of the following: aripiprazole, olanzapine/olanzapine ODT, risperidone/risperidone ODT, quetiapine IR/ER, Saphris	Fanapt, Vraylar

CONDITION	STEP 1	STEP 2
ASTHMA/COPD	Any two of the following: Pulmicort, Flovent Diskus/Flovent HFA, Qvar, ⁺ Arnuity Ellipta	Alvesco, ⁺ Armonair, ⁺ Asmanex, ⁺ Asmanex HFA ⁺
	Any two of the following: Advair (brand or generic), Breo Ellipta, Serevent, Symbicort	Arcapta, Striverdi
	Any two of the following: Advair (brand or generic), Breo Ellipta, fluticasone-salmeterol, Symbicort	Airduo Respiclick, ⁺ Dulera ⁺
	Ventolin HFA AND Proair HFA/Proair Respiclick	Albuterol HFA, levalbuterol, ⁺ Proventil HFA, ⁺ Xopenex HFA ⁺
	Spiriva AND Incruse Ellipta	Seebri Neohaler, ⁺ Tudorza Pressair ⁺
	Anoro Ellipta AND Stiolto Respimat	Bevespi, ⁺ Utibron ⁺
	Montelukast or zafirlukast	Zileuton ER, Zyflo, Zyflo CR
CARDIOVASCULAR	Any one of the following: benazepril, captopril, enalapril, fosinopril, lisinopril, moexipril, perindopril, quinapril, ramipril, trandolapril, benazepril-HCTZ, captopril-HCTZ, enalapril-HCTZ, fosinopril-HCTZ, lisinopril-HCTZ, moexipril-HCTZ, quinapril-HCTZ, amlodipine-benazepril, trandolapril-verapamil, losartan, losartan-HCTZ, candesartan, candesartan-HCTZ, irbesartan, irbesartan-HCTZ, telmisartan, telmisartan-HCTZ, amlodipine-olmesartan, olmesartan, olmesartan-HCTZ, amlodipine-olmesartan-HCTZ	Edarbi, Edarbyclor, Tekturna, Tekturna HCT
	Any one of the following: acebutolol, amlodipine, atenolol, betaxolol, bisoprolol, carvedilol, diltiazem, felodipine, isosorbide dinitrate CR, isosorbide mononitrate 24hr, isradipine, metoprolol, nadolol, nicardipine, nifedipine, nisoldipine, nitroglycerin CR, penbutalol, pindolol, propranolol, verapamil, verapamil-trandolapril, amlodipine-benazepril, amlodipine-valsartan, Bystolic, Dilatrate SR, Inderal XL, Innopan XL	Ranexa

CONDITION	STEP 1	STEP 2
CHOLESTEROL	Any one of the following: lovastatin, simvastatin, pravastatin, atorvastatin, fluvastatin/XL, rosuvastatin	Altoprev, Flolipid, Lipitor,+ Livalo
	Fenofibrate or fenofibric acid AND Lipofen	Fenoglide, Fibricor, Lofibra, Triglide
DEPRESSION#	Bupropion SR	Aplenzin
	Any two of the following: citalopram, desvenlafaxine, escitalopram, fluoxetine, paroxetine, paroxetine ER, sertraline, venlafaxine, venlafaxine ER, duloxetine, bupropion, mirtazapine	Trintellix
	Any two of the following: desvenlafaxine, duloxetine, venlafaxine, venlafaxine ER	Fetzima
DIABETES	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Actoplus Met XR, Avandia, Bydureon, Bydureon Bcise, Byetta, Cycloset, Glyxambi, Invokana, Invokamet, Invokamet XR, Janumet, Janumet XR, Januvia, Jardiance, Jentadueto, Jentadueto XR, Ozempic, Synjardy, Synjardy XR, Tradjenta, Trulicity, Victoza
	Humalog or Novolog ⁺	Admelog,+ Apidra,+ Fiasp ⁺
	Any two of the following: Lantus, Levemir,+ Toujeo, or Tresiba ⁺	Basaglar ⁺
	Any one of the following: Adlyxin,+ Basaglar,+ Byetta, Bydureon, Bydureon Bcise, Lantus, Levemir,+ Ozempic, Tanzeum,+ Toujeo, Tresiba,+ Trulicity, Victoza	Soliqua
	Bydureon, Bydureon Bcise, Byetta, Ozempic, Trulicity, or Victoza OR Lantus, Levemir,+ Toujeo, Tresiba ⁺	Xultophy
	Accu-Chek AND One Touch test strips	All other blood glucose test strips
	Accu-Chek AND One Touch meters	All other blood glucose meters
	EAR CONDITIONS	Ofloxacin
GASTROINTESTINAL (MISC.)	Polyethylene glycol or lactulose	Linzess, Movantik,+ Symproic
	Creon AND Zenpep	Pancreaze,+ Pertzye,+ Ultresa, Viokace ⁺
GOUT	Colcrys	Colchicine, Mitigare
	Allopurinol	Duzallo, Uloric, Zurampic

CONDITION	STEP 1	STEP 2
HIV#	Symfi, Symfi Lo, Triumeq, or Juluca OR Cimduo AND one of the following: Isentress, Tivicay	Atripla⁺
INSOMNIA	Any one of the following: zolpidem, zolpidem ER, eszopiclone, zaleplon, temazepam	Belsomra
	Zolpidem or zolpidem ER	Edluar, Zolpimist
MIGRAINE	Any one of the following: generic sumatriptan, rizatriptan/ODT, zolmitriptan/ODT, naratriptan	Treximet
	Any two of the following: sumatriptan, rizatriptan/ODT, zolmitriptan/ODT, naratriptan	Onzetra⁺
	Any two of the following: diclofenac, diclofenac CR, diflunisal, etodolac, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac, meclofenamate, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin	Cambia⁺
NEUROLOGIC	Gabapentin	Gralise
	Any one of the following: amitriptyline, cyclobenzaprine, duloxetine, gabapentin, Lyrica	Lyrica CR, Savella
OPHTHALMIC	Any one of the following: azelastine, olopatadine, Pataday	Bepreve, Lastacaft
	Any one of the following: diclofenac ophthalmic, flurbiprofen ophthalmic, ketorolac ophthalmic AND Prolensa	Bromsite,⁺ Ilevro,⁺ Nevanac⁺
	Any one of the following: prednisolone acetate ophthalmic, prednisolone sodium phosphate ophthalmic, dexamethasone sodium phosphate ophthalmic AND one of the following: FML Forte or Pred Mild	Inveltys
	Latanoprost AND Lumigan AND Travatan Z	Xelpros
OPIOID OVERDOSE	Narcan nasal spray	Evzio
OPIOID WITHDRAWAL	Clonidine	Lucemyra
PAIN (NON-NARCOTIC ANALGESICS)	Any two generic oral NSAIDs	Tivorbex

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CONDITION	STEP 1	STEP 2
PARKINSON'S	Carbidopa-levodopa or carbidopa-levodopa ER	Rytary
	Rasagiline AND selegiline	Xadago
PROSTATIC HYPERTROPHY (BPH)	Any two of the following: doxazosin, terazosin, tamsulosin, alfuzosin, Rapaflo	Cardura XL
ROSACEA	Soolantra	Finacea
	Mirvaso	Rhofade
SEIZURES#	Topiramate IR	Qudexy XR, topiramate ER, Trokendi XR⁺
	Oxcarbazepine IR	Oxtellar XR⁺
SKIN CONDITIONS (MISC.)	Topical corticosteroid	Elidel, Eucrisa
	Topical fluorouracil or topical imiquimod	Diclofenac gel 3%, Picato, Solaraze
ULCER/REFLUX	Any two of the following: omeprazole, lansoprazole (capsule), pantoprazole, rabeprazole, esomeprazole magnesium, Dexilant	Aciphex,⁺ esomeprazole strontium, First-Omeprazole suspension, lansoprazole suspension, Prilosec, Protonix, Prevacid⁺
	All five of the following: omeprazole, lansoprazole (capsule), pantoprazole, rabeprazole, esomeprazole magnesium	Omeprazole/bicarbonate, ⁺ Omeppi, ⁺ Zegerid⁺
ULCERATIVE COLITIS	Apriso	Asacol HD,⁺ Delzicol,⁺ Lialda, Mesalamine DR⁺

Bold type = Brand-name drug

Plain type = Generic drug

Step Therapy Medications (3 steps)*

If you have a prescription for any of the following Step 3 drugs, you will need to first try a Step 1 and a Step 2 drug(s) before the Step 3 drug is covered.

CONDITION	STEP 1	STEP 2	STEP 3
CHOLESTEROL	Any one of the following: lovastatin, simvastatin, pravastatin, atorvastatin, fluvastatin/XL, rosuvastatin	Livalo	Zypitamag⁺
DIABETES	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Invokana, Invokamet, or Invokamet XR AND Glyxambi, Jardiance, Synjardy or Synjardy XR	Farxiga,⁺ Qtern,⁺ Steglatro,⁺ Steglujan,⁺ Segluromet,⁺ Xigduo XR⁺
	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Januvia, Janumet, or Janumet XR AND Jentadueto, Jentadueto XR, or Tradjenta	Alogliptin,⁺ alogliptin/metformin,⁺ alogliptin/pioglitazone,⁺ Kazano,⁺ Kombiglyze,⁺ Nesina,⁺ Onglyza,⁺ Oseni⁺
	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Bydureon, Bydureon Bcise or Byetta AND Ozempic, Trulicity, or Victoza	Adlyxin,⁺ Tanzeum⁺
GASTROINTESTINAL (MISC.)	Polyethylene glycol or lactulose	Linzess	Trulance⁺
	Polyethylene glycol or lactulose	Linzess, Movantik,⁺ or Symproic	Amitiza⁺

+ May be excluded from coverage. Check your benefit plan documents for excluded medications.

* The list of step therapy medications is subject to change without notice. Step therapy requirements may vary by benefit plan. Additional clinical programs, including quantity limits and prior authorization, may exist for the above medications which may affect your prescription drug coverage.

Grandfathering allowed on medications under this Condition. All other Conditions do not allow grandfathering.

Bold type = Brand-name drug

Plain type = Generic drug