

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:

Get a prescription → Try a **Step 1** drug ↪ Move on to a **Step 2** drug if necessary



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.

Although not listed here, many brand-name drugs with generic equivalents also require Step Therapy. A generic equivalent is a medication that contains the same active ingredients (what makes the medication work) as the brand-name drug, but often costs less.

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**.

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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 Forte, Onexton	Acanya, ⁺ Benzaclyn, ⁺ Benzamycin, ⁺ Veltin, ⁺ Ziana ⁺
	Any two single-agent generic topical clindamycin products	Clindagel 1% ⁺
	doxycycline or minocycline	Minolira ⁺
	doxycycline AND minocycline	Seysara
ADHD	Any two of the following: amphetamine-dextroamphetamine, dexamethylphenidate, dextroamphetamine, methylphenidate, clonidine ER, guanfacine ER, Vyvanse	Adderall, ⁺ Adderall XR, ⁺ Adhansia XR, ⁺ Adzenys ER, Adzenys XR-ODT, Aptensio XR, Azstarys, Concerta, ⁺ Cotempla XR-ODT, Daytrana, Desoxyn, Dyanavel XR, Focalin, ⁺ Focalin XR, ⁺ Jornay PM, Kapvay, Metadate CD, Methylin, Mydayis, Procentra, Quillichew ER, Quillivant XR, Ritalin, ⁺ Ritalin LA, ⁺ Zenzedi
	Any one of the following: atomoxetine, clonidine ER, guanfacine ER	Qelbree ⁺
ALLERGIC REACTIONS	epinephrine	Auvi-Q 0.15mg, ⁺ Auvi-Q 0.3mg, ⁺ Epipen, Epipen Jr ⁺
ANTIBIOTICS	doxycycline or minocycline	Acticlate, ⁺ Doryx, ⁺ Doryx MPC, ⁺ Doxycycline Hyclate DR 80mg ⁺ (ABA), Oracea, ⁺ Solodyn, ⁺ Targadox, ⁺ Vibramycin
	clindamycin vaginal cream or metronidazole vaginal gel	Cleocin Suppository, ⁺ Cleocin Vaginal Cream, ⁺ Nuversa ⁺
ANTIPSYCHOTICS#	Any two of the following: aripiprazole, asenapine, clozapine, olanzapine/olanzapine ODT, paliperidone ER, risperidone/risperidone ODT, quetiapine IR/ER, ziprasidone	Caplyta, Fanapt, Saphris, ⁺ Secuado ⁺
	Any one of the following: aripiprazole, asenapine, clozapine, olanzapine/olanzapine ODT, paliperidone ER, risperidone/risperidone ODT, quetiapine IR/ER, ziprasidone	Vraylar
ASTHMA/COPD	Any two of the following: Arnuity Ellipta, Flovent Diskus/Flovent HFA, Pulmicort Flexhaler, Qvar RediHaler ⁺	Alvesco, ⁺ ArmonAir Digihaler, ⁺ Asmanex, ⁺ Asmanex HFA ⁺
	Any two of the following: fluticasone-salmeterol/Advair, Breo Ellipta, Symbicort	AirDuo Digihaler, ⁺ AirDuo RespiClick ⁺ , Dulera ⁺
	Any two of the following: fluticasone-salmeterol/Advair, Breo Ellipta, Serevent, Striverdi Respimat, Symbicort	Arcapta

Bold type = Brand-name drug

Plain type = Generic drug

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CONDITION	STEP 1	STEP 2
	albuterol HFA (with the exception of Prasco manufacturer)	Albuterol HFA⁺ (Ventolin HFA ABA), Levalbuterol HFA⁺ (ABA), ProAir Digihaler,⁺ ProAir HFA,⁺ ProAir RespiClick,⁺ Proventil HFA,⁺ Ventolin HFA,⁺ Xopenex HFA⁺
	Spiriva	Incruse Ellipta,⁺ Seebri Neohaler,⁺ Tudorza Pressair⁺
	Anoro Ellipta AND Stiolto Respimat	Bevespi Aerosphere,⁺ Duaklir Pressair,⁺ Utibron Neohaler⁺
	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 HCT
	Any two of the following: acebutolol, atenolol, betaxolol, bisoprolol, carvedilol IR/ER, labetalol, metoprolol IR/ER, nadolol, pindolol, propranolol IR/ER	Kaspargo⁺
	propranolol ER	Inderal LA,⁺ Innopran XL⁺
	amlodipine AND any one of the following: diltiazem, felodipine, isradipine, nicardipine, nifedipine, nisoldipine, verapamil	Conjupri⁺
	amlodipine	Katerzia⁺
	amlodipine AND celecoxib	Consensi⁺
	Any one of the following: atorvastatin, fluvastatin/ER, lovastatin, pravastatin, rosuvastatin, simvastatin	Altoprev, Ezallor Sprinkle, Flolipid, Lescol XL,⁺ Lipitor,⁺ Livalo,⁺ Pravachol,⁺ Simvastatin Suspension (ABA), Zocor⁺
fenofibrate or fenofibric acid AND Lipofen	Fenoglide, Fibricor, Triglide	
ezetimibe AND rosuvastatin	Roszet⁺	
CONTRACEPTION	Any two of the following: Camila, Deblitane, Errin, Heather, Incassia, Jencycla, Jolivette, Lyza, norethindrone 0.35mg, Nora-Be, Norlyda, Norlyroc, Sharobel, Tulana	Slynd⁺

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CONDITION	STEP 1	STEP 2
	generic levonorgestrel/ethinyl estradiol AND Xulane or Zafemy	Twirla ⁺
CORTICOSTEROIDS	Any two of the following: prednisone, prednisolone, methylprednisolone	Rayos ⁺
DEPRESSION#	bupropion SR	Aplenzin, Bupropion XL ⁺ (ABA), Forfivo XL ⁺
	Any two of the following: citalopram, desvenlafaxine ER, escitalopram, fluoxetine, paroxetine, paroxetine ER, sertraline, venlafaxine, venlafaxine ER, duloxetine, bupropion, mirtazapine	Desvenlafaxine ER (ABA), Paxil Suspension, Trintellix
	duloxetine	Drizalma Sprinkle
	Any two of the following: desvenlafaxine ER, 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, Janumet, Janumet XR, Januvia, Jardiance, Jentadueto, Jentadueto XR, Ozempic, Riomet, Riomet ER, Rybelsus, Soliqua, Synjardy, Synjardy XR, Tradjenta, Trijardy XR, Trulicity, Victoza, Xigduo XR, Xultophy
	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone, captopril, enalapril, fosinopril, lisinopril, perindopril, quinapril, ramipril, trandolapril, candesartan, losartan, valsartan, bisoprolol, carvedilol IR/ER, metoprolol succinate IR/ER, eplerenone, spironolactone	Farxiga
	Any two of the following: Humalog, Lyumjev, Novolog ⁺	Admelog ⁺ , Apidra ⁺ , Fiasp ⁺ , Insulin Aspart ⁺ (ABA), Insulin Aspart Mix 70/30 ⁺ (ABA), Insulin Lispro ⁺ (ABA), Insulin Lispro Junior ⁺ (ABA), Novolog Relion ⁺
	Any two of the following: Lantus, Levemir ⁺ , Toujeo, or Tresiba ⁺	Basaglar ⁺ , Insulin Glargine ⁺ , Semglee ⁺
	Any one of the following: Contour Next test strips, OneTouch ⁺ test strips	All other blood glucose test strips
	Any one of the following: Contour Next meters, OneTouch ⁺ meters	All other blood glucose meters
	Any one of the following: Baqsimi, Glucagon (generic or Fresenius manufacturer), Gvoke HypoPen	Glucagen HypoKit, Zegalogue

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CONDITION	STEP 1	STEP 2
EAR CONDITIONS	ofloxacin	Cetraxal
	ofloxacin AND ciprofloxacin/dexamethasone otic	Ciprodex ⁺
GASTROINTESTINAL (MISC.)	polyethylene glycol or lactulose	Linzess, Movantik, ⁺ Symproic
	Creon AND Zenpep	Pancreaze, ⁺ Pertzye, ⁺ Viokace ⁺
	Clenpiq or Suprep	MoviPrep, ⁺ OsmoPrep, ⁺ Plenvu ⁺
GENITOURINARY	Any one of the following: darifenacin ER, oxybutynin IR/ER, solifenacin, tolterodine IR/ER, trospium IR/ER, Myrbetriq	Gelnique, Gemtesa, ⁺ Oxytrol
	Any one of the following: oxybutynin IR/ER, oxybutynin syrup	Vesicare LS ⁺
GOUT	colchicine tablets	Colchicine Capsules ⁺ (ABA), Colcrys, ⁺ Gloperba, ⁺ Mitigare ⁺
	allopurinol	Uloric
HORMONE REPLACEMENT	estradiol patch	Alora, Menostar, Minivelle
	Any one of the following: Imvexxy, Osphena, Premarin Vaginal Cream	Femring
	Any two of the following: Imvexxy, Osphena, Premarin Vaginal Cream	Intrarosa
INSOMNIA	Any one of the following: eszopiclone, temazepam, zaleplon, zolpidem, zolpidem ER	Belsomra, Dayvigo
	zolpidem or zolpidem ER	Edluar, Zolpimist
MIGRAINE	Any two of the following: almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan/ODT, sumatriptan, zolmitriptan/ODT	Onzetra Xsail, ⁺ Tosymra, ⁺ Treximet, ⁺ Zomig Spray, Zolmitriptan Nasal Spray (ABA)
NASAL POLYPS	mometasone nasal spray or Beconase AQ	Xhance ⁺
NEUROLOGIC	gabapentin	Gralise
	Any one of the following: amitriptyline, cyclobenzaprine, duloxetine, gabapentin, pregabalin	Lyrica CR, ⁺ Savella
NOCTURIA	Nocturna	Noctiva ⁺
OPHTHALMIC	azelastine AND olopatadine	Bepreve, ⁺ Lastacaft, ⁺ Pazeo, Zerviate ⁺
	Any one of the following: diclofenac ophthalmic, flurbiprofen ophthalmic, ketorolac ophthalmic AND Prolensa	Bromsite, ⁺ Ilevro, ⁺ Nevanac ⁺
	latanoprost AND travoprost AND Lumigan	Vyzulta, ⁺ Xelpros
	timolol ophthalmic solution	Timoptic Ocudose ⁺

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CONDITION	STEP 1	STEP 2
OPIOID OVERDOSE	Narcan Nasal Spray	Evzio, + Kloxxado, Naloxone Injection 2mg⁺ (ABA)
	naloxone injection	LifEMS⁺
OPIOID WITHDRAWAL	clonidine	Lucemyra
PAIN (NON-NARCOTIC ANALGESICS)	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, + Diclofenac Capsule 35mg⁺ (ABA), Indocin, Indomethacin Capsule 20mg (ABA), Tivorbex, Vivlodex, Zorvolex⁺
	naproxen	Naproxen Tablet 750mg ER (ABA)
	nabumetone	Relafen DS⁺
	baclofen	Ozobax⁺
PARKINSON'S	carbidopa-levodopa or carbidopa-levodopa ER	Rytary
	rasagiline AND selegiline	Xadago
	pramipexole IR/ER or ropinirole IR/ER	Neupro
	entacapone or tolcapone	Ongentys
PROSTATIC HYPERTROPHY (BPH)	Any two of the following: alfuzosin, doxazosin, silodosin, tamsulosin, terazosin	Cardura XL
PSORIASIS	calcipotriene	Calcipotriene Foam 0.005%⁺ (ABA), Sorilux⁺
	budesonide ER	Ortikos⁺
ROSACEA	Any one of the following: azelaic acid gel, ivermectin cream, Finacea Foam, Soolantra	Finacea Gel, Noritate, + Zilxi
	Any one of the following: ivermectin cream, metronidazole gel, Finacea Foam, Soolantra	Metrogel⁺
SEIZURES#	topiramate IR	Qudexy XR,† Trokendi XR
	oxcarbazepine IR	Oxtellar XR⁺
	Any one of the following: lamotrigine IR, levetiracetam IR/ER, oxcarbazepine IR, topiramate IR	Briviact, Xcopri
	levetiracetam ER	Elepsia XR⁺
SKIN CONDITIONS (MISC.)	topical corticosteroid	Eucrisa
	fluorouracil cream or topical imiquimod cream 5%	diclofenac gel 3%, Picato

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CONDITION	STEP 1	STEP 2
	fluorouracil cream AND topical imiquimod cream 5%	Klisyri
	imiquimod cream 5%	Imiquimod Cream 3.75% ⁺ (ABA), Zyclara ⁺
	tacrolimus ointment	Elidel, ⁺ Protopic
THYROID	levothyroxine tablets	Armour Thyroid, Levothyroxine Capsule ⁺ (ABA), Nature-Thyroid, Synthroid, ⁺ Thyquidity ⁺
ULCER/REFLUX	Any two of the following: esomeprazole magnesium, lansoprazole, omeprazole, pantoprazole, rabeprazole, Dexilant	Aciphex, ⁺ Esomeprazole Strontium, First-Lansoprazole Suspension, First-Omeprazole Suspension, omeprazole/bicarbonate, ⁺ Prevacid,⁺ Prilosec, Protonix,⁺ Rabeprazole Sprinkle⁺ (ABA), Zegerid ⁺
ULCERATIVE COLITIS	Apriso	Asacol HD, ⁺ Delzicol, ⁺ Lialda ⁺
VITAMINS/MINERALS	Any one of the following: ferrous fumarate, ferrous gluconate, ferrous sulfate	Accrufer ⁺

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: atorvastatin, fluvastatin/ER, lovastatin, pravastatin, rosuvastatin, simvastatin	Livalo ⁺	Zypitamag ⁺
DIABETES	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Farxiga or Xigduo XR AND Glyxambi, Jardiance, Synjardy, Synjardy XR or Trijardy XR	Invokamet, ⁺ Invokamet XR, ⁺ Invokana, ⁺ Qtern, ⁺ Steglatro, ⁺ Steglujan, ⁺ Segluromet ⁺
	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin-glyburide, metformin-pioglitazone	Janumet, Janumet XR, or Januvia AND Jentadueto, Jentadueto XR, or Tradjenta	Alogliptin ⁺ (ABA), Alogliptin/Metformin ⁺ (ABA), Alogliptin/Pioglitazone ⁺ (ABA), Kazano, ⁺ Kombiglyze XR, ⁺ Nesina, ⁺ Onglyza, ⁺ Oseni ⁺

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	Any one of the following: metformin, metformin ER, metformin-glipizide, metformin- glyburide, metformin- pioglitazone	Bydureon, Bydureon BCise or Byetta AND Ozempic, Rybelsus, Trulicity, or Victoza	Adlyxin⁺
GASTROINTESTINAL (MISC.)	polyethylene glycol or lactulose	Linzess	Motegrity, Trulance⁺
	polyethylene glycol or lactulose	Linzess, Movantik⁺ or Symproic	Amitiza⁺, Lubiprostone⁺ (ABA)
	polyethylene glycol or lactulose	Movantik⁺ or Symproic	Relistor⁺

+ 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.

ABA = Authorized Brand Alternative

If you have additional questions, please call customer service at **800-759-3203** or visit **serveyourx.com**.

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