

Step Therapy Program

Effective January 1, 2009

CHW Medical Plan has implemented a Step Therapy Program for certain conditions. The Step Therapy Program encourages the use of “first-line” drugs before alternative or “second-line” drugs are prescribed for the same conditions. This program offers you the advantage of saving on co-pays and additional drug costs by adhering to preferred drug preferences and generic medications.

Access to “second-line” drugs is allowed and covered after use of two 30-day prescriptions of first-line drugs within 130 days. If direct access to the “second-line” drugs is needed **for medical reasons**, your prescribing physician can submit for prior authorization. If you have any questions or need additional assistance, please contact the Patient Care Contact Center at 1-877-292-1227 or visit the Web site at www.chwmedicalplans.com. You are encouraged to share this information with your provider.

Cardiovascular Medications	
Angiotension-Converting Enzyme Inhibitor (ACE) Therapy:	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Ramipril (generic for Altace) • Captopril (generic for Capoten) • Enalapril (generic for Vasotec) • Fosinopril (generic for Monopril) • Lisinopril (generic for Prinivil, Zestril) • Lisinopril/HCTZ (generic for Lotensin HCT) • Enalapril/HCTZ (generic for Vaseretic) • Captopril/HCTZ (generic for Capozide) • Moexipril (generic for Univasc) • Moexipril/HCTZ (Uniretic) • Benazepril/Amlidopine (Lotrel) • Trandolapril (Mavik) <p>Note: All drugs above are tier 1.</p>	<ul style="list-style-type: none"> • Perindopril (Aceon) tier 3 • Enalapril/Felodipine (Lexxel) tier 3 • Trandolapril/Verapamil (Tarka) tier 2

Angiotensin II Receptor Blocker (ARB):	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Quinapril (generic for Accupril) • Quinapril/HCTZ(generic for Accuretic) • Perindopril (generic for Aceon) • Ramipril (generic for Altace) • Captopril (generic for Capoten) • Captopril/HCTZ (generic for Capozide) • Enalapril/Felodipine (generic for Lexxel) • Benazepril (generic for Lotensin/HCT) • Benazepril/Amlodipine (generic for Lotrel) • Trandolapril (generic for Mavik) • Fosinopril/HCTZ(generic for Monopril/HCT) • Lisinopril (generic for Prinivil) • Lisinopril/HCTZ(generic for Prinzide) • Trandolapril/Verapamil (generic for Tarka) • Enalapril Mal/Diltiazem Mal(generic for Teczem) • Moexipril/HCTZ (generic for Uniretic) • Moexipril (generic for Univasc) • Enalapril Maleate/HCTZ (generic for Vaseretic) • Enalapril (generic for Vasotec) • Lisinopril/HCTZ (generic for Zestoretic) • Lisinopril (generic for Zestril) 	<ul style="list-style-type: none"> • Candesartan (Atacand) tier 3 • Candesartan/HCT (Atacand/HCT) tier 3 • Irbesartan/HCT (Avalide) tier 2 • Olmesartan (Benicar) tier 3 • Olmesartan/HCT (Benicar/HCT) tier 3 • Losartan (Cozaar) tier 3 • Valsartan (Diovan) tier 2 • Valsartan/HCT (Diovan/HCT) tier 2 • Losartan/HCT (Hyzaar) tier 3 • Telisartan (Micardis) tier 3 • Telisartan/HCT (Micardis/HCT) tier 3 • Eprosartan (Teveten) tier 3 • Eprosartan/HCT (Teveten/HCT) tier 3 • Avapro (Irbesartan) tier 2

Cardiovascular Medications	
Cholesterol Lowering Therapy:	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Simvastatin(Zocor) • Pravastatin (Pravachol) • Lovastatin (Mevacor) Note: All drugs above are tier 1.	<ul style="list-style-type: none"> • Atorvastatin (Lipitor) tier 3 • Rosuvastatin (Crestor) tier 3 • Lovastatin; Niacin (Advicor) tier 3 • Ezetimibe; Simvastatin (Vytorin) tier 3 • Amlodipine; Atorvastatin (Caduet) tier 3 • Lovastatin (Altoprev) tier 3 • Niacin; Simvastatin (Simcor) tier 3
Note: All drugs above are tier 1.	

Anti-viral Therapy:	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Acyclovir (generic for Zovirax) tier 1 • Famciclovir (Famvir) tier 1 	<ul style="list-style-type: none"> • Valacyclovir (Valtrex) tier 2

Cardiovascular Medications	
Calcium Channel Blocker Therapy	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Nifedipine (generic for Adalat , Procardia) • Nifedipine ER (generic for Adalat CC,Procardia XL) • Felodipine (generic for Plendil) • Isradipine (generic for DynaCirc) • Nicardipine (generic for Cardene) • Amlodipine (generic for Norvasc) • Nisoldipine (generic for Sular) Note: All drugs above are tier 1.	<ul style="list-style-type: none"> • Nicardipine (Cardene-SR) tier 3 • Isradipine (generic for DynaCirc CR) tier 3
Calcium Channel Blocker Therapy (Verapamil)	
<u>First-Line Medication</u>	<u>Second-Line Medication</u>
<ul style="list-style-type: none"> • Verapamil (generic for Calan, Isoptin) tier 1 • Verapamil ER PM (generic for Veralan-PM) tier 1 	<ul style="list-style-type: none"> • Verapamil (Covera-HS) tier 3

Asthma Medications	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Aerobid (flunisolide) tier 2 • Advair (fluticasone/salmeterol) tier 2 • Flovent (fluticasone) tier 2 • Azmacort (triamcinolone acetonide) tier 3 • Asmanex (mometasone) tier 3 • Pulmicort (budesonide) tier 3 • QVAR (beclomethasone) tier 3 	<ul style="list-style-type: none"> • Montelukast (Singulair) tier 3 • Zafirlukast (Accolate) tier 2 • Zileuton (Zyflo CR) tier 3

Antidepressants	
Selective Serotonin Reuptake Inhibitor (SSRI) Therapy:	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Fluoxetine (generic for Prozac) • Fluvoxamine (generic for Luvox) • Paroxetine (generic for Paxil) • Paroxetine CR (generic for Paxil CR) • Citalopram (generic for Celexa) • Sertraline (generic for Zoloft) Note: All drugs above are tier 1.	<ul style="list-style-type: none"> • Paroxetine Mesylate (Pexeva) tier 3 • Escitalopram (Lexapro) tier 3 • Fluoxetine (Prozac Weekly, Sarafem) tier 3

Antidepressants Drug Therapy	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Fluoxetine (generic for Prozac) • Fluvoxamine (generic for Luvox) • Paroxetine (generic for Paxil) • Citalopram (generic for Celexa) • Sertraline (generic for Zoloft) • Venlafaxine (generic for Effexor) <p>Note: All drugs above are tier 1.</p>	<ul style="list-style-type: none"> • Venlafaxine XR (Effexor XR) tier 2 • Duloxetine (Cymbalta) tier 3 • Desvenlafaxine (Pristiq) tier 3

Reflux, Heart Burn and Ulcer Therapy		
Gastrointestinal Drug Therapy		
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't Effective)	<u>Third-Line Medication</u> (if First-Line and Second-Line drugs aren't effective)
<ul style="list-style-type: none"> • Cimetidine (generic for Tagamet) • Ranitidine (generic for Zantac) • Famotidine (generic for Pepcid) • Nizatidine (generic for Axid) <p>Note: All drugs above are tier 1.</p>	<ul style="list-style-type: none"> • Omeprazole (Prilosec) tier 1 • Pantoprazole(Protonix) tier 1 	<ul style="list-style-type: none"> • Lansoprazole (Prevacid) tier 2 • Rabeprazole (Aciphex) tier 3 • Esomeprazole (Nexium) tier 3 • Omeprazole/Sodium Bicarbonate (Zegerid) tier 3

Pain Therapy	
Non-Steroidal Antiinflammatory Drug (NSAIDs) Therapy	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Diclofenac(generic for Voltaren, Cataflam) • Etodolac (generic for Lodine) • Fenaprofen(generic for Nalfon) • Flurbiprofen(generic for Ansaid) • Ibuprofen(generic for Motrin, others) • Indomethacin(generic for Indocin) • Ketoprofen(generic for Orudis, Oruvail) • Naproxen(generic for Anaprox, Naprosyn) • Sulindac(generic for Clinoril) • Tolmetin(generic for Tolectin) • Nabumetone(generic for Relafen) • Meloxicam (generic for Mobic) <p>Note: All drugs above are tier 1.</p>	<ul style="list-style-type: none"> • Diclofenac Misoprostol(Arthrotec) tier 3 • Celecoxib (Celebrex) tier 2

Eczema Therapy	
Topical Immunomodulator Therapy:	
<u>First-Line Medication</u> (try these first)	<u>Second-Line Medication</u> (if First-Line drugs aren't effective)
<ul style="list-style-type: none"> • Alclometasone (generic for Aclovate) tier 1 • Amcinonide (generic for Cyclocort) tier 1 • Betamethasone/Propylene Glycol (generic for Diprolene) tier 1 • Betamethasone Dipopionate Augmented Cream (generic for Diprolene/AF) tier 1 • Betamethasone Valerate (generic for Luxiq) tier 1 • Clobetasol Propionate (generic for Temovate) tier 1 • Clobetasol Propionate (generic for Clobex) tier 1 • Desoximetasone (generic for Topicort) tier 1 • Diflorasone (generic for Florone) tier 1 • Diflorasone (generic for Florone/E) tier 1 • Diflorasone Diacetate (generic for Psorcon E) tier 1 • Fluocinolone Acetonide (generic for Synalar) tier 1 • Flurandrenolide Cream (generic for Cordran SP) tier 1 	<ul style="list-style-type: none"> • Tacrolimus (Protopic) tier 2 • Pimecrolimus (Elidel) tier 3

<ul style="list-style-type: none">• Fluticasone Propionate (generic for Cutivate) tier 1• Halobetasol Propionate (generic for Ultravate) tier 1• Hydrocortisone Butyrate (generic for Locoid) tier 1• Mometasone Furoate (generic for Elocon) tier 1• Triamcinolone Actonide (generic for Kenalog) tier 1• Triamcinolone (generic for Aristocort) tier 1• Hydrocortisone Probutate (Pandel) tier 2• Triamcinolone Acetonide (Aristocort A) tier 3• Clocortolone Pivalate (Cloderm) tier 3• Flurandrenolide Ointment (Cordran) tier 3• Halcinonide Ointment/Solution (Halog) tier 3• Halcinonide Cream (Halog/E) tier 3• Fluocinonide (Vanos) tier 3	
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