



Step Therapy

Our Step Therapy program and a guide to lower-cost options

Most medical conditions have multiple medication options. Although the options' clinical effectiveness may be similar, their prices vary widely. With the Step Therapy Program, you get the treatment you need, usually at a lower cost.

Here's how it works:



With this program, you need to try a Step 1 medication first, before a Step 2 medication may be covered. If you bring a prescription for a Step 2 medication to the pharmacy, our system may check your claims history for a Step 1 medication. If you have claims history for a Step 1 medication, the Step 2 medication may be processed. If not, the pharmacist will contact your doctor. The pharmacist will also get a message that explains the Step Therapy program and the Step 1 medication options offered for drug coverage. Only you and your doctor make decisions about your treatment and medication options.

Step Therapy Medications: If you have a prescription for one or more of the following Step 2 medications, you will be required to first try a Step 1 medication for benefit coverage.

Class	Step 1 ¹	Step 2
Amino Acid Disorder	Cystagon	Procysbi
BPH²	alpha-adrenergic blocker [eg: Cardura (doxazosin), Flomax (tamsulosin), Hytrin (terazosin), Rapaflo (silodosin), Uroaxatrol (alfuzosin)]	Cialis (for BPH) 2.5mg, 5 mg
Cancer	Gleevec or Tasigna	Bosulif
	Zytiga	Xtandi
	Tasigna	Sprycel
Constipation²	Linzess	Amitiza
Diabetes	one of the following: metformin, sulfonylurea (e.g. glimepiride), thiazolidinedione (e.g. pioglitazone)	Invokana
	Invokana and one of the following: metformin, sulfonylurea (e.g. glimepiride), thiazolidinedione (e.g. pioglitazone)	Farxiga ²
	Must try all of the following: Nesina, Tradjenta, Onglyza	Januvia ²
	Must try all of the following: Kazano, Jentadueto, Kombiglyze XR	Janumet ² Janumet XR ²
Fungal infections²	ketoconazole, ciclopirox	Oxistat cream
Glaucoma²	latanoprost (generic Xalatan)	Rescula travoprost (generic Travatan) Zioptan
Hepatitis C	Pegasys	PegIntron
Infertility	Gonal-F ⁴	Bravelle ⁴ Follistim AQ ⁴
Inflammatory Conditions	ankylosing spondylitis, and rheumatoid arthritis: two of the following: Cimzia, Humira or Simponi; plaque psoriasis: must try both: Humira, Stelara; psoriatic arthritis: two of the following: Cimzia, Humira, Simponi, Stelara	Enbrel
	Two of the following: Cimzia, Humira, Simponi	Actemra Orencia
	plaque psoriasis: must try both of the following: Humira, Stelara rheumatoid arthritis: must try two of the following: Cimzia, Humira, Simponi, Stelara	Otezla
	Two of the following: Cimzia, Humira Simponi	Xeljanz
	corticosteroids	Acthar Gel
Multiple Sclerosis	Betaseron	Extavia ³
	Two of the following: Avonex, Betaseron, Tecfidera, Copaxone	Gilenya
	Two of the following: Avonex, Betaseron, Tecfidera, Copaxone	Aubagio Rebif, Rebif Rebidose
Pain²	Duragesic (fentanyl transdermal patch (generic Duragesic)) or Ultram ER (tramadol HCL extended-release)	Butrans
Pancreatic Enzyme Replacement	Creon AND Zenpep	Pancreaze, Pertzye, Ultresa, Viokace
Seizures	divalproex sodium delayed-release	Depakote
	divalproex sodium extended-release	Depakote extended-release

Class	Step 1 ¹	Step 2
Seizures continued	levetiracetam	Keppra
	levetiracetam extended-release	Keppra XR
	lamotrigine	Lamictal
	lamotrigine ODT, lamotrigine, lamotrigine chewable tablet	Lamictal ODT
	lamotrigine extended-release	Lamictal XR
	Lamictal immediate-release or lamotrigine	lamotrigine extended-release lamotrigine ODT
	gabapentin	Neurontin
	oxcarbazepine, Trileptal	Oxtellar XR ³
	divalproex sodium delayed-release or Depakote delayed-release or valproic acid or Depakene or Depakote Sprinkles or divalproex sodium sprinkles	Stavzor
	oxcarbazepine	Trileptal
	Topamax or topiramate	Trokendi XR ³
	topiramate	Topamax
zonisamide	Zonegran	
Skin Conditions²	One of the following: betamethasone dipropionate propylene glycol 0.05% cream (generic Diprolene AF), fluocinonide 0.05% cream (generic Lidex), fluocinonide 0.05% ointment (generic Lidex)	Halog 0.1% cream, ointment
	clocortolone 0.1% cream (generic Cloderm), mometasone furoate 0.1% cream (generic Elocon)	Cloderm 0.1% Cream
	One of the following: fluticasone propionate cream 0.05% (generic Cutivate), fluticasone propionate 0.05% lotion (generic Cultivate), hydrocortisone butyrate 0.1% ointment (generic Locoid), hydrocortisone valerate 0.2% cream (generic Westcort), prednicarbate 0.1% cream (generic Dermatop), prednicarbate 0.1% ointment (generic Dermatop), triamcinolone acetonide 0.1% lotion (generic Kenalog), triamcinolone acetonide 0.025% ointment (generic Kenalog)	Cordran 0.05% Lotion Cordran SP 0.05% Cream Desonate 0.05% Gel
Sleep²	zolpidem (generic Ambien) or zaleplon (generic Sonata)	Ambien ³ Ambien CR ³ Edluar ³ eszopiclone (generic Lunesta) Intermezzo ³ Lunesta ³ Sonata zolpidem controlled-release (generic Ambien CR) ³ Zolpimist Rozerem
Ulcers, Heartburn & Reflux²	Must try all of the following: A prescription formulation of omeprazole, pantoprazole, rabeprazole, an over-the-counter PPI (e.g. Prilosec OTC, Prevacid OTC)	Prevacid Solutab Nexium Suspension
Viral infections²	Must try two of the following oral antiviral agents: famciclovir (generic Famvir), valacyclovir (generic Valtrex), acyclovir (generic Zovirax)	Zovirax Ointment

To learn more, visit myuhc.com[®] or call the toll-free member phone number on the back of your health plan ID card.



1. Additional clinical programs, including supply limits and notification, may exist for some of the above therapeutic classes which may impact your experience depending on which clinical programs have been selected for coverage.
2. Applies to new starts and members currently on therapy.
3. These medications are excluded for the majority of benefit plans. For customers not participating in exclusions, these medications are in the highest tier, Tier 3 or Tier 4.
4. May be excluded from coverage. Please check your Plan documents.
All branded medications are trademarks or registered trademarks of their respective owners.
For fully insured members in New Jersey, Step Therapy does not apply. Members in New Jersey have First Start.
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