



## **A Problem-Solving Plan for Step Therapy**

*Managing your medications can be quite a challenge, especially when you show up to the pharmacy to have a medication filled your doctor has prescribed, to find out the medication costs more than you had anticipated. The purpose of your prescription benefit is to help you, not increase your stress. Liberty Health Advantage has developed guidelines to help you better understand what to do, should you be informed your medication requires step therapy.*

*Step Therapy encourages safe and cost-effective use of medications by requiring a “step” approach. To receive coverage of Step 2, high-cost medications, you are required to first try a Step 1, cheaper alternative that has been proven effective. The following are commonly asked questions regarding Step Therapy.*

**Q. How do I know what drugs are Step Therapy medications?**

**A. Bring a list of Step Therapy drugs to your doctor:**

- If your doctor chooses to prescribe a Step 1 drug your medication will be available at the preferred copayment.
- Below is a list of drugs included in the Liberty Health Advantage Step Therapy program:

Step 1	Step 2
<b><i>Bisphosphonates</i></b>	
Alendronate	Actonel & Boniva
<b><i>Non-sedating Antihistamines</i></b>	
Cetirizine, Cetirizine/Pseudoephedrine, Loratadine/Pseudoephedrine	Allegra D
<b><i>Anti-allergy Eye drops</i></b>	
OTC Zaditor, Alaway	Alamast, Alocril, Alomide, Cromolyn, Optivar, Patanol
<b><i>Pain Medications</i></b>	
Methadone, Morphine Sulfate	Avinza & Kadian
<b><i>Angiotensin Receptor Blockers</i></b>	

Benazepril, Captopril, Enalapril, Fosinopril, Lisinopril, Trandolapril, Quinapril, Benazepril HCT, Captopril HCT, Enalapril HCT, Fosinopril HCT, Lisinopril HCT, Quinapril HCT	Avalide, Avapro, Benicar, Benicar HCT, Cozaar, Diovan, Diovan HCT, Hyzaar, Micardis, Micardis HCT, Tekturna, Tekturna HCT
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***Insomnia Medications***

Zolpidem	Ambien CR, Sonata, Lunesta, Rozerem
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***Anti-inflammatory Agents***

Diclofenac, Naproxen, Etodolac, Fenoprofen, Flurbiprofen, Diflunisal, Choline Magnesium, Salsalate, Ibuprofen, Indomethacin, Ketoprofen, Keoprofen SR, Ketorolac, Meclofenamate, Meloxicam, Nabumetone, Naproxen, Oxaprozin, Piroxicam, Sulindac,	Celebrex, Arthrotec
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Tolmetin	
<b>Diabetes Medications</b>	
Glyburide, Glipizide, Glimepiride, Metformin	Glyset, Precose, Starlix
Glimeperide, Glipizide, Metformin, Glimeperide/ Metformin, Glyburide/Metformin	Januvia & Janumet
<b>Proton Pump Inhibitors</b>	
Omeprazole, Prilosec OTC, Pantoprazole	Nexium, Prevacid, Prevacid solutabs, Prevacid NapraPac, Aciphex
<b>Luekotriene Modifiers</b>	
Atrovent Inhaler, Combivent, Amophyllin, Azmacort, Flovent, Qvar, Advair, Aerobid, Ventolin, Proventil, Pulmicort Turbuhaler	Singular

**Q. What if I have already taken a Step 1 medication?**

**A. Liberty Health has guidelines in place to see if a Step 2 drug can be covered:**

■ If you have taken a Step 1 medication for at least 30 days in the last 6 months, Liberty Health will automatically allow coverage of a Step 2 medication, and no further action is required.

**Q. What can I do if I have not taken a Step 1 medication and the Step 2 drug is not covered?**

**A. You or your pharmacist should contact your doctor:**

■ Your doctor may choose to prescribe a Step 1 medication. Only your doctor can approve and change your prescription to a Step 1 drug. Once you have tried a Step 1 medication for 30 days, and your doctor would still prefer to prescribe a

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Step 2 drug, Liberty Health will automatically allow coverage.

**Q. What if my doctor does not want to try a Step 1 medication?**

**A. Your doctor may request a prior authorization:**

■ If your doctor believes you need a Step 2 drug for medical reasons, they may fill out a form requesting coverage without trying a Step 1 medication first. A clinical specialist will determine if the drug may be covered based on specific guidelines. If the Step 2 drug cannot be covered, you may be required to pay the full price of the drug.

**Q. What if I need my medication right away or I don't have enough medication left while waiting to find out if my Step 2 medication will be covered?**

**A. A "Transition Override" is available for patients that have recently joined the drug plan, have your pharmacist contact us:**

■ If it is within the first three months that you have joined Liberty Health, you may receive a one time only override for a single 30 days supply of medication at the non-preferred brand co-payment. This ensures you continue to receive your needed medication while you and your doctor decide whether to switch to a Step 1 medication, or request a prior authorization.

*If you forget to bring your list of medications used in the Step Therapy program to your appointment, you can call Liberty Health daily 8 AM to 8 PM EST at 1-866-542-4269 to get examples of safe, effective first-step drugs.*



Liberty Health Advantage  
Coverage That Will Meet Your Needs

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