

2010 Step Therapy Protocols
First Health Premier

STEP THERAPY GROUP	STEP THERAPY DESCRIPTION
ANGINA-RANEXA	To receive Ranexa, a patient would be required to first fail an agent from any one of the following drug classes: calcium-channel blockers, beta-blockers, or nitroglycerin products.
ANTIBIOTIC-VANCOCIN	To receive Vancocin 125mg oral capsules a patient would be required to first fail oral metronidazole
ANTICONVULSANT-OXCARBAZEPINE	To receive oxcarbazepine, a patient would be required to first fail or have a contraindication to carbamazepine.
ANTIDEPRESSANT-GENERIC WELLBUTRIN XL	To receive generic Wellbutrin XL, a patient would be required to first fail regular release bupropion or bupropion SR (12hr).
ANTIDEPRESSANT-PAROXETINE ER	To receive paroxetine CR for depression, a patient would be required to first fail regular release Paroxetine
ANTIDEPRESSANT-PRISTIQ	To receive Pristiq, a patient would be required to first fail one formulary SSRI AND one formulary SNRI
ANTIDEPRESSANT-PROZAC WEEKLY	To receive Prozac weekly, a patient would be required to first fail regular release Fluoxetine.
ANTI-HISTAMINE	A patient would be required to first fail or have a documented contraindication to both generic OTC loratadine and generic OTC cetirizine
Antihistamine with Pseudoephedrine	A patient would be required to first fail or have a documented contraindication to both generic OTC loratadine-D and generic OTC cetirizine-D
ANTI-INFLAMMATORY-CELEBREX	To receive Celebrex, a patient would be required to first fail two formulary non-steroidal agents.
ARB	To receive Atacand or Atacand HCT, Benicar or Benicar HCT, Diovan or Diovan HCT, or Teveten or Teveten HCT a patient must have a trial and failure of Avapro or Avalide and Micardis or Micardis HCT.
CONSTIPATION-AMITIZA	To receive Amitiza, a patient would be required to first fail Polyethylene Glycol AND Lactulose.
DIABETES-BYETTA	To receive Byetta, a patient would be required to first fail a TZD, Januvia, Janumet, or Onglyza.
DIABETES-DPP IV	To receive Onglyza, a patient would be first required to fail max dose metformin.

**2010 Step Therapy Protocols
First Health Premier**

STEP THERAPY GROUP	STEP THERAPY DESCRIPTION
DIABETES-TZD	To receive Actos, Duetact, Actosplus Met, Avandia, Avandamet or Avandaryl a patient would be first required to fail max dose metformin.
DIABETES-WELCHOL	To receive Welchol for diabetes, a patient would be required to first fail max dose metformin
GOUT-ULORIC	To receive Uloric, a patient would be required to first fail or have a documented contraindication to allopurinol
Hepatitis C	To receive Peg-Intron a patient would be required to first fail Pegasys
HYPERLIPIDEMIA/HYPERTENSION -CADUET	To receive Caduet, a patient would be required to first fail Simvastatin and Amlodipine
HYPERLIPIDEMIA-ALTOPREV	To receive Altoprev, a patient would be required to first fail lovastatin or have a documented contraindication or intolerance to lovastatin.
HYPERLIPIDEMIA-LESCOL	To receive Lescol or Lescol XL, a patient would be required to first fail or have a documented contraindication to both simvastatin and pravastatin.
HYPERLIPIDEMIA-LIPITOR HIGH DOSE	To receive moderate to high-dose Lipitor (40 or 80mg), a patient would be required to first fail or have a documented contraindication to Crestor or Vytorin
HYPERLIPIDEMIA-LIPITOR LOW DOSE	To receive low-dose Lipitor (10 or 20mg), a patient would be required to first fail both simvastatin (at least 40mg/day) and Crestor or Vytorin or have a documented contraindication to both simvastatin and Crestor or Vytorin.
HYPERPARATHYROIDISM- SENSIPAR	To receive Sensipar, a patient would be required to first fail vitamin D sterols and a phosphate binder.
HYPERTENSION-CATAPRES-TTS	To receive Catapres-TTS (transdermal system), a patient would be required to first fail or have a documented contraindication to oral clonidine.
MIGRAINE	To receive Amerge, Axert, Frova, Relpax, or Zomig, a patient would be required to first fail or have a documented contraindication to both sumatriptan and Maxalt.
Multiple Sclerosis	To receive Betaseron, a patient would first be required to fail Avonex. To receive Rebif, a patient would first be required to fail Betaseron.

**2010 Step Therapy Protocols
First Health Premier**

STEP THERAPY GROUP	STEP THERAPY DESCRIPTION
MUSCLE RELAXANTS-SKELAXIN	To receive Skelaxin, a patient would be required to first fail both tizanidine and either baclofen or cyclobenzaprine or have a documented contraindication to tizanidine, baclofen and cyclobenzaprine therapy.
NEBULIZER-LONG-ACTING BETA-AGONIST	To receive Brovana or Perforomist, an institutionalized patient would be required to first fail or have a documented contraindication to Foradil
NEBULIZER-PULMICORT	To receive Generic Pulmicort Respules, an institutionalized patient would be required to first fail or have a documented contraindication to both Flovent and Asmanex metered-dose inhalers.
NEBULIZER-XOPENEX	To receive Xopenex nebulized solution, an institutionalized patient would be required to first fail or have a documented contraindication to albuterol nebulized solution
OSTEOPOROSIS-ACTONEL	To receive Actonel, a patient would be required to first fail alendronate or Boniva or have a documented contraindication to both alendronate and Boniva.
OSTEOPOROSIS-FOSAMAX D	To receive Fosamax D, a patient would be required to first fail alendronate.
PARKINSONS-AZILECT	To receive Azilect, a patient would be required to first fail or have a documented contraindication to selegiline.
PPI-CVITY	To receive Aciphex or Prevacid solutabs, a patient would first be required to fail one omeprazole product (Prilosec OTC or omeprazole) and Protonix or Nexium.
PPI-KAPIDEX	To receive Kapidex, a patient would be first required to fail omeprazole.
RBC Stimulator	To receive Aranesp or Epogen, a patient would first be required to fail Procrit
STIMULANT	To receive Concerta, Metadate CD, Ritalin LA, or Strattera a patient would be required to first fail or have a documented contraindication to both methylphenidate and Generic Adderall immediate release.
Topical	To receive Protopic or Elidel a patient would be required to first fail a formulary topical corticosteroid.
Xalatan	To receive Xalatan, a member must first fail Lumigan AND Travatan or Travatan Z.