

### Good Health Drugs Requiring Step Therapy

Some medications on the RMHP formulary require Step Therapy. Usually when a medication requires Step Therapy it means there are one or more similar medications that are lower cost or are more widely accepted to be used first. These “Step 1” medications are safe and effective, and offer a similar treatment benefit. Our Step Therapy requires that one or more of these Step 1 medications is tried first. If you have a new prescription for any drug listed in the “Drugs” column below, you will be required to meet the conditions listed in the “Step Therapy Criteria” column.

If your prior pharmacy claims show you have met the criteria in the specified time frame, the requested drug may be covered at the pharmacy. If not, your pharmacy will contact your doctor for further review.

Drugs	Step Therapy Criteria
Farxiga, Invokana, Jardiance, and Steglatro	Member must have one claim for any <u>generic diabetes medication</u> (e.g. metformin, metformin ER, glyburide, glimepiride, glipizide, acarbose, nateglinide, repaglinide, pioglitazone; also includes generic diabetic combination medications) within the previous 180 days
Fetzima and Trintellix	Member must have a minimum of two different antidepressants, each for a minimum of 30 days, identified in the past 360 days
Invega Trinza	Member must have at least 4 consecutive monthly claims for Invega Sustenna within the past 120 days prior to Invega Trinza
Copaxone, Rebif	Member must try and fail two or more preferred drugs. Preferred drugs include: Avonex/Plegridy/Tecfidera/Betaseron/Extavia
Gilenya, Mavenclad, Mayzent	Member must try and fail one or more preferred drugs. Preferred drugs include: Avonex/Plegridy/Tecfidera/Betaseron/Extavia
Myrbetriq	Member must have one claim for any antimuscarinic/anticholinergic used for treatment of Overactive Bladder (e.g. oxybutynin, oxybutynin ER, tolterodine, trospium, trospium ER, Detrol LA, Vesicare, Enablex, Toviaz, Gelnique, Oxytrol) within the previous 180 days
Onzetra Xsail	Member must have one claim for any generic oral 'triptan' medication (e.g. sumatriptan, almotriptan, frovatriptan, naratriptan, rizatriptan, zolmitriptan) within the past 120 days
Opioid-Induced Constipation (OIC): Movantik and Symproic	Member must have paid claim for 30 consecutive days of opioid (narcotics) use
Uloric and febuxostat	Member must have one allopurinol claim within the previous 180 days
Qbrexza	Member must have one paid claim for DrySol within previous 120 days
Trelegy	Member must have at least one prior 30 day supply claim for any inhaled corticosteroid/long-acting beta2 agonist (ICS/LABA) combination inhaler (e.g. Breo Ellipta, Symbicort, Dulera, generic fluticasone/salmeterol) OR Long acting beta2 agonist/Long acting muscarinic antagonist (LABA/LAMA) (Stiolto, Anoro, Utibron, etc.) within the previous 180 days