

2016 Aetna Rx Step Program Medicine List

Avoid paying too much for your prescriptions

It's important to try to make a generic or preferred brand-name drug your first choice. This can help you save money. Please refer to the list below of brand-name drugs that require step therapy. This means that if you fill a prescription for one of these drugs before trying a generic or preferred brand first, your prescription may not be covered and you may need to pay the full cost. Instead, please try an equivalent generic drug or preferred brand-name drug first.

Key	
UPPERCASE	Brand-name medicine
<i>lowercase italics</i>	Generic medicine

Drug class	Common condition	Drugs requiring step therapy	Requirement	Covered generic or preferred brand-name alternative drug(s)
Acute bronchodilators	Asthma	MAXAIR AUTOHALER 200 mcg/act PROVENTIL HFA XOPENEX HFA	Try one week of each:	VENTOLIN HFA PROAIR
		XOPENEX NEB	Try one week of:	<i>levalbuterol inhalation solution</i>
Antidepressants	Depression	APLENZIN <i>nefazodone</i> PEXEVA	Try one of the following for one month:	<i>budeprion SR/XL</i> <i>bupropion SR/XL</i> <i>citalopram</i> <i>escitalopram</i> <i>fluoxetine</i> <i>fluvoxamine</i> <i>paroxetine/SR</i> <i>mirtazapine</i> <i>selfemra</i> <i>sertraline</i> <i>venlafaxine</i> <i>venlafaxine SR</i>

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Antidepressants	Depression	BRINTELLIX FETZIMA KHEDEZLA PRISTIQ VIIBRYD VIIBRYD Kit	Try three of the following from at least two different subclasses:	For example: SSRIs — <i>citalopram, fluoxetine</i> SNRIs — <i>duloxetine, venlafaxine</i> TCAs — <i>amitriptyline, nortriptyline</i> Heterocyclic antidepressants — <i>mirtazapine, trazodone</i>
Antimigraine agents	Migraine headache	AXERT FROVA RELPAK	Try three of the following for one month:	<i>naratriptan</i> <i>rizatriptan</i> <i>sumatriptan</i> <i>zolmitriptan</i>
		TREXIMET	Try three of the following for one month:	<i>naratriptan</i> <i>rizatriptan</i> <i>sumatriptan</i> <i>zolmitriptan</i> and concurrent use of prescription strength <i>naproxen >= 500mg</i>
Antipsychotics/ bipolar disorder	Behavioral health	ABILIFY FANAPT SAPHRIS	Try two of the following for one month:	One atypical generic antipsychotic. For example: <i>olanzapine, quetiapine, risperidone, ziprasidone</i> and LATUDA
		GEODON INVEGA RISPERDAL RISPERDAL-M RISPERDAL solution SEROQUEL ZYPREXA ZYPREXA ZYDIS	Try one month of:	LATUDA

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Angiotensin II receptor blocker	High blood pressure	ATACAND AVAPRO BENICAR COZAAR DIOVAN TEVETEN	Try three of the following alone or with a <i>hydrochlorothiazide (HCTZ)</i> combination product for one month:	<i>candesartan</i> <i>eprosartan</i> <i>irbesartan</i> <i>losartan</i> <i>telmisartan</i> <i>valsartan</i>
		ATACAND HCT AVALIDE BENICAR HCT DIOVAN HCT	Try any three of the following for one month each:	<i>candesartan/HCTZ</i> <i>eprosartan/HCTZ</i> <i>irbesartan/HCTZ</i> <i>losartan/HCTZ</i> <i>telmisartan/HCTZ</i> <i>valsartan/HCTZ</i>
		TRIBENZOR	Try any two of the following for one month each:	<i>candesartan/HCTZ + amlodipine</i> <i>eprosartan/HCTZ + amlodipine</i> <i>irbesartan/HCTZ + amlodipine</i> <i>losartan/HCTZ + amlodipine</i> <i>telmisartan/HCTZ + amlodipine</i> <i>telmisartan/amlodipine + HCTZ</i> EXFORGE HCT
		AZOR TWINSTA	Try any two of the following for one month each:	<i>candesartan + amlodipine</i> <i>eprosartan + amlodipine</i> <i>irbesartan + amlodipine</i> <i>losartan + amlodipine</i> <i>telmisartan + amlodipine</i> <i>telmisartan/amlodipine</i> <i>valsartan + amlodipine</i> EXFORGE

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Attention deficit hyperactivity disorder (ADHD)	Behavioral health	ADDERALL ADDERALL XR APTENSIO XR CONCERTA DAYTRANA DESOXYN DEXEDRINE FOCALIN FOCALIN XR METADATE CD METHYLIN chewable METHYLIN solution PROCENTRA QUILLIVANT XR RITALIN (brand only) RITALIN LA RITALIN SR ZENZEDI 2.5mg ZENZEDI 5mg	Try three of the following for 14 days each:	<i>amphetamine/ dextroamphetamine SR</i> <i>dexmethylphenidate SR</i> <i>dextroamphetamine</i> <i>methamphetamine</i> <i>methylphenidate ER/SR</i> STRATTERA VYVANSE
		INTUNIV KAPVAY KAPVAY pack	Try three of the following for 14 days each:	<i>amphetamine/ dextroamphetamine SR</i> <i>clonidine SR</i> <i>dexmethylphenidate SR</i> <i>dextroamphetamine</i> <i>guanfacine</i> <i>methamphetamine</i> <i>methylphenidate ER/SR</i> STRATTERA VYVANSE
Bisphosphonates	Osteoporosis or bone health	BINOSTO	Try two of the following for one month each:	<i>alendronate</i> and ACTONEL ACTONEL with CALCIUM ATELVIA, or <i>ibandronate</i>
HMG-CoA reductase inhibitors	High cholesterol	ALTOPREV LESCOL LESCOL XL LIPITOR LIVALO	Try one of the following for one month:	<i>atorvastatin</i> <i>fluvastatin</i> <i>lovastatin</i> <i>pravastatin</i> <i>simvastatin</i>
H. pylori agents	Stomach ulcer	HELIDAC	Try all of the following in combination for 14 days:	<i>metronidazole</i> <i>tetracycline</i> over-the-counter <i>bismuth subsalicylate</i>
Nasal spray	Allergy	BECONASE AQ RHINOCORT ZETONNA	Try two of the following for two weeks each:	NASONEX or VERAMYST or <i>budesonide, fluticasone propionate</i> or <i>triamcinolone</i>

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Nonsteroidal anti-inflammatory agents	Inflammation or pain	PENNSAID VIMOVO	Try one of the following for two weeks:	Any generic NSAID <i>ibuprofen</i> <i>diclofenac</i> <i>etodolac</i> <i>fenoprofen</i> <i>flurbiprofen</i> <i>indomethacin</i> <i>ketoprofen</i> <i>ketorolac</i> <i>meclofenamate</i> <i>mefenamic acid</i> <i>meloxicam</i> <i>nabumetone</i> <i>naproxen</i> <i>oxaprozin</i> <i>piroxicam</i> <i>sulindac</i> <i>tolmetin</i>
Sedative and hypnotics	Sleep	EDLUAR INTERMEZZO ROZEREM SILENOR SONATA ZOLPIMIST spray	Try one of the following for one week:	<i>zolpidem</i> <i>zolpidem ER</i>

This list indicates the common uses for which the drug is prescribed. Some drugs are prescribed for more than one condition. Brand-name drugs not listed here may be covered by your plan without the use of a generic first. Information provided here is not a substitute for medical advice or treatment. Step therapy does not apply to fully insured members in New Jersey. However, these programs are available to self-funded plans.

Discuss this information with your doctor or health care provider. Aetna assumes no liability for the information provided or for any diagnosis or treatment made in reliance thereon, nor is it responsible for the reliability of the content.

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