

Step Therapy Updates

Effective July 1, 2017

The Blue KC Medical and Pharmacy Management Committee consists of practicing physicians and pharmacists in the Kansas City area who review and maintain our prescription drug list. The committee holds quarterly meetings to evaluate new drug therapies and review drug utilization issues, evaluating on the basis of drug effectiveness, safety and costs.

The committee recently approved changes to the prescription drug list effective July 1, 2017. The prescription drugs listed below will now require members to first try a medication that is proven to be safe and effective for treating conditions or symptoms, but is lower cost. If this medication doesn't work properly (symptoms persist, unwanted side effects, allergy, etc.), their doctor can request prior authorization to allow them to take the non-preferred drug. This process is known as Step Therapy.

Members must try a preferred therapeutic alternative before other drugs will be covered. These requirements will apply when there is no claims history within the recent 12 months of the preferred therapeutic drug(s).

If a doctor believes the non-preferred medicine is the only medically necessary therapy, he or she will need to submit a prior authorization request on the member's behalf to Blue KC to request a clinical exception. These requests will be evaluated by a clinician. If an exception is approved, the prescription will be covered under the member's Tier 3 benefits.

The new medications that will be subject to step therapy beginning July 1 are included in the following table:

Category Drug Class	Preferred Therapeutic Alternatives (Try First)	Drugs Requiring a Trial of One or More Alternatives
Anti-Migraine Therapy	Generic Triptan	Alsuma, Amerge, Axert, Frova, Imitrex, Maxalt, Maxalt MLT, Onzetra Xsail, Relpax, Sumavel Dosepro, Symtouch, Treximet, Zecuity, Zembrace, Zomig, Zomig ZMT
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Allzital
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Bupap tablet
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Esgic capsule, Fioricet capsule
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Fioricet with codeine capsule
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Fiorinal capsule
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Fiorinal with codeine #3 capsule

Continued

Category Drug Class	Preferred Therapeutic Alternatives (Try First)	Drugs Requiring a Trial of One or More Alternatives
Analgesics - Butalbital-containing products	Generic Butalbital Combination Product	Vanatol LQ
Antidepressants - Other	Trazodone	Oleptro ER
Antiplatelet Agents	Aspirin	Durlaza
Antitussive Agents	Generic Prescription Cough Syrup	Flowtuss
Antitussive Agents	Generic Prescription Cough Syrup	Hycofenix
Antitussive Agents	Generic Prescription Cough Syrup	Obredon
Antitussive Agents	Generic Prescription Cough Syrup	Tussicaps
Antitussive Agents	Generic Prescription Cough Syrup	Tuzistra XR
Antitussive Agents	Generic Prescription Cough Syrup	Vituz
Antivirals (Oral)	Generic Acyclovir, Famciclovir, Valacyclovir	Sitavig
Direct Muscle Relaxants	Generic Muscle Relaxants	Amrix
Direct Muscle Relaxants	Generic Muscle Relaxants	Fexmid
Direct Muscle Relaxants	Generic Muscle Relaxants	Lorzone
Glucocorticoids	Generic Corticosteroids	Rayos
Immunosuppressant Agents	Immediate-Release Tacrolimus Capsules	Astagraf XL
Immunosuppressant Agents	Immediate-Release Tacrolimus Capsules	Envarsus XR
Leukotriene Pathway Inhibitors	Generic Montelukast or Zafirlukast	Zyflo
Leukotriene Pathway Inhibitors	Generic Montelukast or Zafirlukast	Zyflo CR
Nephropathic Cystinosis Medications	Cystagon	Procysbi
Proton Pump Inhibitor Combination	Aspirin and Generic Omeprazole, Lansoprazole	Yosprala
Testosterone Products (Oral)	Generic Methyltestosterone Capsules	Android
Testosterone Products (Oral)	Generic Methyltestosterone Capsules	Testred

In addition to notification by mail, Blue KC will contact affected members by email and/or phone and will be able to answer questions about medication alternatives, step therapy and how to request a change from a physician.