

# Step Therapy

Sanford Health Plan maintains a list of medications that require step therapy. These guidelines are in place so lower cost medications that have the same clinical effect are tried first. Medical records indicating the member has tried and failed at least a 30-day supply of one or more of the step medications before the plan will cover the target medication. This policy only pertains to medications on the formulary, any non-formulary medications will be reviewed as a formulary exception.

To request a step therapy override or formulary exception, contact Pharmacy Management at (855) 305-5062 or complete the Prescription Drug Authorization Request and Formulary Exception form located at [sanfordhealthplan.com](http://sanfordhealthplan.com).

Antidepressant Medications (SSRI/SNRI)	
Target Medication	Step Medication
Viibryd (vilazodone) Fetzima Trintellix desvenlafaxine ER (Khedeza authorized generic) Desvenlafaxine Fumerate Khedeza Pexeva	citalopram desvenlafaxine (Pristiq generic) duloxetine escitalopram fluoxetine fluvoxamine paroxetine sertraline venlafaxine venlafaxine ER
Fibromyalgia Medications	
Target Medication	Step Medication
Lyrica CR Savella	duloxetine gabapentin pregabalin
Gout Medications	
Target Medication	Step Medication
Uloric (febuxostat)	allopurinol
COPD Medications	
Target Medication	Step Medication
Lonhala Yupreli	Incruse Ellipta Spiriva Spiriva Respimat Tudorza

## Atypical Antipsychotic Medications

Target Medication	Step Medication
Vraylar Fanapt Latuda Rexulti Saphris Caplyta Secuado Lybalvi	aripiprazole clozapine clozapine odt olanzapine olanzapine odt olanzapine/ fluoxetine paliperidone ER quetiapine quetiapine ER risperidone risperidone odt ziprasidone

## Glaucoma (ophthalmic prostaglandin) Medications

Target Medication	Step Medication
Lumigan 0.01% Zioptan Vyzulta Rocklatan	bimatoprost 0.03% ophthalmic solution latanoprost 0.005 ophthalmic solution Xelpros travoprost 0.004%

## Gout Mitigare step therapy

Target Medication	Step Medication
colchicine 0.6mg capusle Mitigare	colchicine 0.6mg tablet (Colcrys generic)

## Over Active Bladder Medications

Target Medication	Step Medication
Gemtesa Myrbetriq Toviaz Myrbetriq Suspension	darifenacin ER oxybutynin oxybutynin ER tolterodine trospium trospium ER solifenacin

## Hyperhidrosis Medications

Target Medication	Step Medication
Qbrexza	Drysol Xarac AC

## Ophthalmic Steroid Medications

\*\*must step through a generic as well as Inveltys or Lotemax SM\*\*

Target Medication	Step Medication
FML Forte Pred Mild Lotemax (loteprednol) SUS Lotemax Gel Lotemax Oint Alrex Durezol	prednisolone Acetate 1% dexamethasone 0.1% fluometholone 0.1% Inveltys Lotemax SM

## Chronic Idiopathic Constipation

\*\*must fail two step medications\*\*

Target Medication	Step Medication
Ibsrela Motegrity Trulance	Amitiza Linzess Lubiprostone

## Parkinson's

Target Medication	Step Medication
Rytary	carbidopa/levodopa carbidopa/levodopa ER carbidopa/levodopa ODT carbidopa/leodopa/entacapone

## C. Diff Step Therapy (Dificid)

Target Medication	Step Medication
Dificid Tablets Dificid Suspension	vancomycin Capsules vancomycin solution

## Reyvow

\*\*must fail two step medications\*\*

Target Medication	Step Medication
Reyvow	almotriptan eletriptan frovatriptan naratriptan rizatriptan sumatriptan zolmitriptan

## CGRP Prophylactic

Target Medication	Step Medication								
Aimovig Emgality Ajovy Nurtec *(Claim must be for a quantity of 15 over a 30 day span) Qulipta	<p>*Must try one from two different classes</p> <table border="0"> <tr> <td><u>Betablockers</u></td> <td><u>Tricyclic Antidepressants</u></td> </tr> <tr> <td> <ul style="list-style-type: none"> <li>• propranolol</li> <li>• timolol</li> <li>• metoprolol</li> <li>• atenolol</li> <li>• nadolol</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• amitriptyline</li> <li>• nortriptyline</li> </ul> </td> </tr> <tr> <td><u>Anti-epileptics</u></td> <td><u>SNRI</u></td> </tr> <tr> <td> <ul style="list-style-type: none"> <li>• divalproex</li> <li>• valproic acid</li> <li>• topiramate</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• venlafaxine</li> <li>• venlafaxine ER</li> <li>• duloxetine</li> </ul> </td> </tr> </table>	<u>Betablockers</u>	<u>Tricyclic Antidepressants</u>	<ul style="list-style-type: none"> <li>• propranolol</li> <li>• timolol</li> <li>• metoprolol</li> <li>• atenolol</li> <li>• nadolol</li> </ul>	<ul style="list-style-type: none"> <li>• amitriptyline</li> <li>• nortriptyline</li> </ul>	<u>Anti-epileptics</u>	<u>SNRI</u>	<ul style="list-style-type: none"> <li>• divalproex</li> <li>• valproic acid</li> <li>• topiramate</li> </ul>	<ul style="list-style-type: none"> <li>• venlafaxine</li> <li>• venlafaxine ER</li> <li>• duloxetine</li> </ul>
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## Orexin Receptor Antagonist Step therapy (Dayvigo, Belsomra)

\*\*must fail two step medications\*\*

Target Medication	Step Medication
Dayvigo Belsomra Quviviq	eszopiclone zaleplon zolpidem triazolam temazepam ramelteon doxepin

## Non-Stimulant ADHD Step Therapy

Target Medication	Step Medication
Qelbree	atomoxetine

## Topical Phosphodiesterase-4 inhibitor Step Therapy

Target Medication	Step Medication
Eucrisa Zoryve	amcinonide 0.1% betamethasone dipropionate augmented 0.05% betamethasone valerate 0.1% clobetasol propionate 0.05% desoximetasone 0.05% diflorasone diacetate 0.05% fluocinonide 0.05% fluocinonide 0.1% halcinonide 0.1% halobetasol propionate 0.1% halobetasol propionate 0.05% mometasone furoate ointment 0.1% triamcinolone 0.5% pimecrolimus 1% tacrolimus 0.1% tacrolimus 0.03% Calcipotriene tazarotene calcitriol

## Vivjoa Step Therapy

Target Medication	Step Medication
Vivjoa	Fluconazole