

FILL THIS

FIRST

Prescription Step Therapy Program

FILL THIS **FIRST**

A smart step to better health

Fill This First, our prescription step therapy program, promotes the use of effective, lower cost drugs as your first step to treat your condition. The program is designed to help you get drugs that treat your health problems while keeping your costs down. Here's how it works: Step 1, try at least one lower cost drug in certain classes before Step 2, higher cost drugs.

The types of drugs that are in the *Fill This First* program are those used to treat chronic conditions such as arthritis, depression and high blood pressure.

The following categories of prescription drugs are included in our *Fill This First* program. Some examples of Step 2 drugs and their effective, lower cost options are also included in each category.

| Step Therapy Drug Classes | STEP 1 DRUGS* Examples | STEP 2 DRUGS* Examples |
|---------------------------------|--|--|
| Blood Pressure Medications | aliskiren, benazepril, enalapril, irbesartan, lisinopril, losartan, quinapril, ramipril | Altace®, Amturide®, Atacand®, Benicar®, Diovan®, Édarbi®, Micardis®, Tekturna®, Teveten® |
| | amlodipine/benazepril, benazepril/HCTZ, irbesartan/HCTZ, lisinopril/HCTZ, losartan/HCTZ, olmesartan/HCTZ, valsartan/HCTZ | Atacand HCT®, Azor®, Benicar HCT®, Édarbyclor®, Exforge®, Exforge HCT®, Micardis® HCT, Tekamlo®, Tekturna HCT®, Teveten HCT®, Tribenzor® |
| | atenolol, bisoprolol, carvedilol, labetalol, metoprolol/ER, propranolol/ER | Bystolic™, Coreg CR™, Kapsargo™, Levatol®, InnoPran XL® |
| | atenolol/chlorthalidone, bisoprolol/HCTZ, metoprolol/HCTZ | Dutoprol™ |
| Cholesterol Medications | atorvastatin, ezetimibe/simvastatin, lovastatin, pravastatin, rosuvastatin, simvastatin | Altoprev®, Ezallor®, Lescol XL®, Livalo®, Vytorin®, Zypitamag™ |
| Depression Medications | citalopram, escitalopram, fluoxetine DR, paroxetine, sertraline, venlafaxine ER | Cymbalta®, Drizalma Sprinkle™, Fetzima®, Luvox CR®, Pexeva®, Pristiq®, Trintellix, Viibryd® |
| Heartburn Medications | esomeprazole, lansoprazole, omeprazole, pantoprazole | Aciphex®, Dexilant®, Nexium® |
| Pain Medications | diclofenac, ibuprofen, indomethacin, ketorolac, meloxicam, naproxen | Flector®, Licart®, Pennsaid®, Sprix®, Tivorbex®, Voltaren® Gel, Zipsor® |
| Respiratory/Allergy Medications | azelastine, fluticasone, triamcinolone acetonide | Astepro®, Beconase AQ®, Dymista™, Omnaris®, Patanase®, Qnasl®, Veramyst®, Zetonna® |
| | desloratadine, doxepin tablet, montelukast, ramelteon | Clarinetx-D® |
| Sleep Medications | eszopiclone, zolpidem, zolpidem CR | Belsomra®, Edluar®, Intermezzo®, Rozerem®, Silenor®, Zolpimist® |
| Frequent Urination Medications | oxybutynin IR, oxybutynin XL, tolterodine, trospium/ER | Detrol LA®, Enablex®, Gelnique®, Myrbetriq®, Oxytrol®, Toviaz®, Vesicare® |
| Long-Acting Pain Medications | hydrocodone bitartrate ER, morphine sulfate controlled-release, oxymorphone ER | Embeda®, Kadian®, Nucynta® ER, Opana ER®, Xtampza™ ER, Zohydro® ER |
| Acne Treatment Medications | claravis, demeclocycline, doxycycline, minocycline, myorisan, tetracycline | Adoxa®, Doryx®, Monodox®, Oracea®, Seysara®, Solodyn®, Vibramycin® |
| Oral Diabetes Medications | metformin, metformin ER (generic Glucophage®XR), generic metformin containing combination product | Fortamet®, Glucophage®XR, Glumetza®, Metformin 500mg/5 ml solution, Riomet® |
| Bone Medications | alendronate, ibandronate | Actonel®, Atelvia®, Binosto™, Fosamax® oral solution |
| Migraine Medications | naratriptan, rizatriptan, sumatriptan tablets/injection, zolmitriptan | Frova®, Onzetra™, Relpax®, Sumavel™ Dose Pro™, Ubrelyvy™, Reyvow®, Nurtec™ ODT, Zembrace™, Zomig®, Zomig ZMT® |
| Topical Acne Medications | clindamycin/benzoyl peroxide, clindamycin topical, erythromycin topical, sulfacetamide topical, adapalene/benzoyl peroxide, sodium sulfacetamide | Azelex®, Acanya®, Avar® LS, Epiduo®, Plexion®, Veltin® |
| Topical Corticosteroids | clobetasol propionate, desonide, fluocinonide, mometasone furoate, triamcinolone | Epifoam®, Halog®, Pandel®, Sernivo™, Texacort® |

*listed drugs may not be covered on your benefit plan or may require prior authorization.






With a Step 1 drug, you pay lower out-of-pocket costs and get the best value.

If you choose a Step 2 drug in the categories listed in our *Fill This First* program without first trying one or more Step 1 drugs, you will be responsible for the full cost of the Step 2 drug. If you try one or more Step 1 drugs and they don't work, you may be able to take a Step 2 drug without paying the full cost.

Here's How It Works

The next time your doctor writes you a prescription in one of the drug classes in the *Fill This First* program:

-  Ask if a Step 1 drug is right for you.
-  If you've already tried one or more Step 1 drugs, or if your doctor decides Step 1 drugs are not right for you, your doctor may call Express Scripts at 1-800-842-2015 to request a prior authorization for a Step 2 drug.
-  If your doctor's request for a Step 2 drug does not meet the necessary criteria to start a Step 2 drug (without you first trying one or more Step 1 drugs), or if you simply choose a Step 2 drug from our *Fill This First* program without first trying one or more Step 1 drugs, the Step 2 drug will not be covered under your benefits.

If You Are Already Using a Step 2 Drug

If you are already taking a drug that we consider to be a Step 2 drug in our *Fill This First* program when the program is first applied to your plan, you do not have to change to a Step 1 drug.

Starting a new drug: You will have to try one or more Step 1 drugs for any new drug your doctor orders after the *Fill This First* program is applied to your plan.

Why Fill This First?

This program is part of our long-term commitment to keeping the cost of healthcare down and our members' premiums as low as possible. Our *Fill This First* program is designed to save you money in two ways. First, in every benefit plan we offer, Step 1 drugs cost you less than Step 2 drugs. Second, using effective, lower cost drugs helps to reduce overall costs and keep premiums down for everyone.

FOR MORE INFORMATION

To learn more or ask questions about our *Fill This First* program, please contact:

Customer Service

Toll-free: 1-800-495-2583

Pharmacy Questions

Toll-free: 1-866-781-7533
bcbsla.com/pharmacy

To send our Customer Service Department a secure email message, please go to **bcbsla.com**, click **Contact Us**, then choose **Online Customer Inquiry Form**.

Q & A

What is the *Fill This First* program?

Fill This First is a prescription drug step therapy program that requires members to try effective, lower cost options first when filling a new prescription (in certain drug classes) before they try a higher cost drug. Generics and other lower cost drugs are considered Step 1 in the program. Higher cost drugs that have lower cost (Step 1) alternatives are considered Step 2.

Why does Blue Cross have this program?

We want to make sure that all of our members are getting the best value for their pharmacy dollars. There may be lower cost drugs that can effectively treat your health problem. Step 1 drugs in our *Fill This First* program will typically cost less, no matter what type of health plan you have.

I have been taking a drug that is listed as Step 2 in the *Fill This First* program, and it is working well for me. Do I really need to switch and try the Step 1 drug?

No. If you are already taking a Step 2 drug in the *Fill This First* program, you do not have to change to a Step 1 drug. It's only when you start taking a newly prescribed drug in one of the classes listed in this brochure that you will have to try one or more Step 1 drugs before a higher cost Step 2 drug.

My doctor has prescribed a Step 2 drug that he thinks will work better for me than a Step 1 drug. Do I still have to try a Step 1 drug?

If your doctor decides Step 1 drugs aren't right for you, then the doctor can call us at 1-800-842-2015 for an authorization for a Step 2 drug. If your doctor's request for a Step 2 drug does not meet the necessary criteria to start a Step 2 drug (without you first trying one or more Step 1 drugs), or if you choose a Step 2 drug included in the *Fill This First* program without first trying one or more Step 1 drugs, *it will not be covered under your plan, and you will be responsible for the full cost of the drug.*

Are Step 1 drugs in the *Fill This First* program safe and effective?

Yes, Step 1 drugs are safe and effective and are used to treat the same conditions as Step 2 drugs. Step 1 drugs in the *Fill This First* program are approved by the U.S. Food and Drug Administration (FDA). This means they have gone through the same strict testing as other drugs to ensure their effectiveness and safety.

What should I do if I bring a new prescription from my doctor to the pharmacy to fill, and the pharmacy says that it can't be filled because I must try a Step 1 drug as part of the *Fill This First* program?

If your prescription is denied at the pharmacy, please have the pharmacist check with your doctor and ask that he or she prescribe a Step 1 drug. If your doctor does not believe a Step 1 option will work for you, the pharmacist may ask your doctor to call 1-800-842-2015 and request an approval so that the Step 2 drug may be covered by your plan if certain criteria are met.



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Notice of Language Options

If this document is required in a different language, call the Customer Service number on the back of your ID card.

Si necesita este documento en otro idioma, llame a Servicio al Cliente al número al reverso de su tarjeta de identificación.

Kung kailangan sa ibang wika ang dokumentong ito, tumawag sa numero ng Customer Service sa likod ng iyong ID card.

Díí naaltsoos doo jólta'dago, naaltsoos ID card bikáá'ígíí bich'í' hojilnih.

若此文檔需要其他語言版本，請撥打您的 ID 卡背面的客戶服務電話。