



## Step Therapy Program

# Save on Your Prescriptions with Step Therapy!

**MEDTRAK**  
Your Prescription for *X* Service

Step Therapy is a program designed to offer you the best medication at the lowest possible cost. With Step Therapy, your employer will pay for the cost of certain lower-cost drugs initially (Step-One drugs), but not their higher cost alternatives (Step-Two drugs).

If you are currently taking medication for one of the following conditions, you will need to switch to an alternative, Step-One drug and save!

- |  |   |
|--|---|
| <input type="checkbox"/> Acid Reflux             | <input type="checkbox"/> High Cholesterol   |
| <input type="checkbox"/> Acne                    | <input type="checkbox"/> Insomnia           |
| <input type="checkbox"/> Allergic Conjunctivitis | <input type="checkbox"/> Mental Health      |
| <input type="checkbox"/> Atopic Dermatitis       | <input type="checkbox"/> Migraines          |
| <input type="checkbox"/> Depression              | <input type="checkbox"/> Muscle Spasms      |
| <input type="checkbox"/> Fibromyalgia            | <input type="checkbox"/> Narcolepsy         |
| <input type="checkbox"/> Fungal Nail Infections  | <input type="checkbox"/> Osteoporosis       |
| <input type="checkbox"/> Glaucoma                | <input type="checkbox"/> Overactive Bladder |
| <input type="checkbox"/> Gout                    | <input type="checkbox"/> Pain               |
| <input type="checkbox"/> Hay Fever               | <input type="checkbox"/> Prostate Health    |
| <input type="checkbox"/> High Blood Pressure     |   |

## Why Switch?

- Save on your prescriptions when you switch to a Step-One alternative
- Treat your condition with safe and effective alternatives
- Save money for your employer so they can continue offering the best prescription plan available

## WHAT YOU NEED TO DO

If you currently take a Step-Two medication for one of the conditions listed above, it will no longer be covered under your plan. Please take the following action:

1. Contact MedTrak at 1.800.771.4648 to see if you need to switch to a Step-One medication. The list on the following page shows many of the Step-Two medications and their Step-One alternatives that are part of this program.
2. Call your doctor before your next refill and discuss changing your prescription to a Step-One Alternative. Switch today and save!
3. Make the change before your drug is no longer covered.



Step Therapy Targeted Conditions	Step-Two Medications		Step-One Alternatives	
<b>Acid Reflux</b> (Proton-Pump Inhibitors)	Dexilant Esomeprazole (generic Nexium)	Esomeprazole strontium Zegerid (both brand & generic)	Lansoprazole Omeprazole	Pantoprazole Rabeprazole
<b>Acne</b> (Oral, Topical Cream, Topical Gel)	Acticlate (tab) Atralin (gel) Epiduo/Forte	Solodyn (tab) Tretin-X (cream)	Adapalene gel Doxycycline (cap/tab) Minocycline (cap/tab)	Tretinoin (cream/gel)
<b>Allergic Conjunctivitis</b> (Ophthalmic Antihistamines)	Alocril (eye drops) Lastacaft (eye drops)	Pataday (eye drops) Patanol (eye drops)	Azelastine (eye drops) Cromolyn (eye drops)	Epinastine (eye drops)
<b>Atopic Dermatitis</b> (Topical Steroids)	Vanos cream (both brand & generic)		Fluocinonide cream, ointment, solution, or gel	
<b>Blood Pressure</b> (ARB/Combinations)	Benicar/HCT Teveten-HCT	Edarbi Edarbyclor	Irbesartan/HCT Candesartan/HCT Losartan/HCT	Telmisartan Valsartan/HCT
<b>Blood Pressure</b> (Non-selective Beta-Blockers)	Innopran XL	Levatol	Nadolol Pindolol	Propranolol/ER Timolol
<b>Blood Pressure</b> (Cardioselective Beta-Blockers)	Bystolic		Atenolol Betaxolol	Metoprolol
<b>Blood Pressure</b> (Calcium Channel Blockers)	Dynacirc	Sular (both brand & generic)	Amlodipine Felodipine	Nifedipine SR
<b>Depression</b> (Antidepressants SSRIs)	Brintellix Luvox CR	Pexeva Viibryd	Citalopram Escitalopram Fluoxetine	Fluvoxamine Paroxetine/CR Sertraline
<b>Depression</b> (Antidepressants SNRIs)	Desvenlafaxine Tabs Fetzima	Khedezla Pristiq	Venlafaxine Venlafaxine ER Tabs	Venlafaxine ER Caps
<b>Depression</b> (Antidepressants DNRIs)	Aplenzin	Forfivo XL	Bupropion IR Bupropion SR	Bupropion XL/ER
<b>Fibromyalgia</b> (Various drug classes)	Savella		Amitriptyline Desipramine Gabapentin IR	Cyclobenzaprine IR Duloxetine
<b>Fungal Nail Infections</b> (Topical Antifungals)	Jublia Solution	Kerydin Solution	Ciclopirox solution	
<b>Glaucoma</b> (Prostaglandin analogs)	Bimatoprost eye drops (generic Lumigan) Rescula eye drops	Travoprost eye drops (generic Travatan Z) Zioptan	Latanoprost (generic Xalatan)	
<b>Gout</b> (Anti-Gout Agents)	Uloric		Allopurinol	
<b>Hay Fever</b> (Nasal Steroids)	Beconase AQ Nasonex Omnaris	Qnasl Rhinocort AQ Veramyst	Fluticasone	Flunisolide
<b>High Cholesterol</b> (Lipid)	Altoprev Crestor 5 mg, 10 mg, 20 mg	Lescol/XR (both brand & generic) Livalo (both brand & generic)	Atorvastatin Lovastatin	Pravastatin Simvastatin
<b>Insomnia</b> (Sedatives)	Belsomra Edluar	Intermezzo Zolpimist	Eszopiclone	Zaleplon Zolpidem/CR
<b>Mental Health</b> (Atypical Antipsychotics)	Fanapt Invega Latuda	Rexulti Saphris	Aripiprazole Olanzapine	Risperidone Quetiapine Ziprasidone
<b>Migraines</b> (Oral Triptans, Spray Triptans)	Axert Frova	Relpax Zomig spray	Naratriptan Rizatriptan/MLT	Sumatriptan/Spray Zolmitriptan
<b>Muscle Spasms</b> (Muscle Relaxants)	Amrix Carisoprodol 250 mg Fexmid	Lorzone Skelaxin (both brand & generic)	Carisoprodol 350 mg Chlorzoxazone 500 mg Cyclobenzaprine	Methocarbamol Orphenadrine Tizanidine
<b>Narcolepsy</b> (Provigil/Nuvigil)	Provigil (both brand & generic)	Nuvigil	Metadate CD Methylin Chewable	Methylphenidate/CR/ER
<b>Osteoporosis</b> (Bisphosphonates)	Actonel (5mg, 30mg, 35mg) Atelvia	Fosamax D Fosamax Sol. Skelid	Alendronate Ibandronate Tabs	Risedronate 150 mg
<b>Overactive Bladder</b> (Bladder Antispasmodics)	Enablex Gelnique Gel 10%	Oxytrol Patch Toviaz Vesicare	Flavoxate Oxybutynin/SR	Tolterodine/ER Trospium/ER
<b>Pain</b> (e.g. Tramadol)	Tramadol 150 mg ER	Conzip	Tramadol 50 mg IR	Tramadol ER (generic for Ryzolt & Ultram ER)
<b>Prostate Health</b> (Alpha-1 Blockers)	Cardura XL Jalyn	Rapaflo	Alfuzosin Doxazosin	Tamsulosin Terazosin

Note: This list is subject to change. Clinical Update 10.15.