

Preventive Care Medications

Traditional Prescription Drug List (PDL)^{1,2,3} \$0 Cost-share Medications & Products

U.S. Preventive Services Task Force A & B Recommendation Medications and Supplements

These medications and supplements will be covered at \$0 cost-share when:

- ▶ Prescribed by a health care professional
- ▶ Age and/or gender appropriate
- ▶ Filled at a network pharmacy

Most medications are available over-the-counter (OTC) except for prescription fluoride. All brands are covered by the pharmacy benefit.

OTC	Medication/Supplement	Gender	Age	Reason
Available Sept. 1, 2015	Aspirin – 81 mg	Women	Childbearing age	Prevent preeclampsia during pregnancy
	Aspirin – 81, 162 & 325 mg	Both	Men age 45-79 Women age 55-79	Prevent cardiovascular disease
	Folic acid 400 & 800 mcg	Women	Childbearing age	Prevent birth defects
	Iron liquid supplement	Both	Children age 0-1 year	Prevent anemia due to iron deficiency
	Vitamin D - 400 & 1,000 units	Both	Age 65 and over	Fall risk prevention
Rx	Medication/Supplement	Gender	Age	Reason
	Fluoride tablets, solution (not toothpaste, rinses)	Both	Children age 0-6 years	Prevent dental cavities if water source is deficient in fluoride

Over-the-Counter (OTC) Birth Control (contraceptives) for Women

These forms of birth control (contraceptives) are available over-the-counter (OTC) and will be covered at \$0 cost-share when:

- ▶ Prescribed by a health care professional
- ▶ Filled at a network pharmacy

Contraceptive films
Contraceptive foams
Contraceptive gels
Contraceptive sponges
Emergency birth control (contraceptives) (generic for Plan B, generic for Plan B One-Step)
Female condoms

Male birth control (contraception) is not covered under the Patient Protection and Affordable Care Act (PPACA).

Prescription Hormonal Birth Control (contraceptives)

Brand Hormonal Birth Control (contraceptives)

● Natazia

○ NuvaRing *Available July 1, 2015*

Generic Hormonal Birth Control (contraceptives)

● Altavera, Chateal, Kurvelo, Levonorgestrel/Ethinyl Estradiol, Levora-28, Marlissa, Portia (generic Nordette)

● Alyacen 1/35, Cyclofem 1/35, Dasetta 1/35, Necon 1/35, Nortrel 1/35, Pirmella (generic Ortho-Novum 1/35)

● Alyacen 7/7/7, Cyclofem 7/7/7, Dasetta 7/7/7, Necon 7/7/7, Nortrel 7/7/7, Pirmella 7/7/7 (generic Ortho-Novum 7/7/7)

● Amethia, Ashlyna, Camrese, Daysee (generic Seasonique)

● Amethia Lo, Camrese Lo, Levonorgestrel/Ethinyl Estradiol 0.1 mg/20 mcg/10 mcg (generic LoSeasonique)

● Amethyst, Levonorgestrel/Ethinyl Estradiol 0.09 mg/20 mcg (generic Lybrel)

● Apri, Emoquette, Enskyce, Desogestrel/Ethinyl Estradiol, Reclipsen, Solia (generic Desogen, Ortho-Cept)

● Aranelle, Leena (generic Tri-Norinyl)

● Aubra, Aviane, Delyla, Falmina, Lessina, Levonorgestrel/Ethinyl Estradiol 0.1 mg/20 mcg, Lutera, Orsythia, Sronyx (generic Alesse)

● Azurette, Desogestrel/Ethinyl Estradiol, Kariva, Pimtreea, Viorele (generic Mircette)

● Balziva, Briellyn, Gildagia, Philith, Vyfemla, Zenchent (generic Ovcon-35)

● Camila, Deblitane, Errin, Heather, Jencycla, Jolivette, Lyza, Nora-BE, Norethindrone 35 mcg, Norlyroc, Sharobel (generic Micronor, Nor-Q-D)

● Caziant, Velivet, Cesia (generic Cyclessa)

● Cryselle, Elinest, Low-Ogestrel, Norgestrel/Ethinyl Estradiol 0.3 mg/30 mcg, Ogestrel (generic Lo/Ovral, Ovral)

● Drospirenone/Ethinyl Estradiol 3 mg/30 mcg, Ocella, Syeda, Zarah (generic Yasmin)

● Enpresse, Levonest, Myzilra, Trivora-28 (generic Triphasil)

● Estarylla, MonoNessa, Mono-Linyah, Norgestimate/Ethinyl Estradiol, Previfem, Sprintec (generic Ortho-Cyclen)

● Gianvi, Loryna, Nikki, Vestura (generic Yaz)

● Gildess FE, Junel FE, Larin FE, Microgestin FE, Tarina FE (generic Loestrin FE)

● Gildess, Junel, Larin, Microgestin (generic Loestrin)

● Introvale, Jolessa, Levonorgestrel/Ethinyl Estradiol 0.15 mg/30 mcg, Quasense (generic Seasonale)

● Kelnor 1/35, Zovia 1/35E (generic Demulen 1/35)

● LoMedia 24 FE, Gildess 24 FE, Larin 24 FE (generic Loestrin 24 FE)

▲ Medroxyprogesterone Acetate (generic Depo-Provera)

● Necon 1/50 (generic Norinyl 1/50)

● Necon 0.5/35, Nortrel 0.5/35, Wera 0.5/35 (generic Brevicon, Modicon)

● Necon 10/11 (generic Ortho-Novum 10/11)

● Norgestimate/Ethinyl Estradiol, Tri-Estarylla, Tri-Linyah, Trinessa, Tri-Previfem, Tri-Sprintec (generic Ortho Tri-Cyclen)

● Wymzya FE, Zenchent FE (generic Femcon FE)

● Tilia FE, Tri-Legest FE (generic Estrostep FE)

■ Xulane (generic Ortho Evra)

● Zovia 1/50E (generic Demulen 1/50)

Prescription Emergency Birth Control (contraceptives)

Brand Emergency Birth Control (contraceptives)

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Plan B One-Step

Generic Emergency Birth Control (contraceptives)

Levonorel 0.75 mg, Next Choice (generic Plan B)

EContra EZ, Fallback Solo, Levonorgestrel 1.5 mg, My Way, Next Choice One Dose, Opcicon One-Step (generic Plan B One-Step)

KEY

- Birth Control Pill (oral contraceptive)
- Birth Control Ring (contraceptive vaginal ring)
- ▲ Birth Control Shot (injectable contraceptive)
- Birth Control Patch (contraceptive transdermal patch)

Continued ▶

Prescription Cervical Caps and Diaphragms for Birth Control (contraceptives)

Brand Diaphragms

Koro-Flex
 Koromex
 Omniflex
 Ortho Coil
 Ortho-Diaphragm
 Ortho Flex
 Prenif
 Wide-Seal

Brand Cervical Cap

Femcap

Tobacco Cessation Medications

If you need help to quit smoking or using tobacco products, these preventive medications will be available at \$0 cost-share starting on your health plan's next renewal date on or after January 1, 2015. To qualify, you need to:

- ▶ Be age 18 or older
- ▶ Ask your doctor to obtain notification/prior authorization. Your doctor will need to let us know you are also getting counseling to help you stop using tobacco products.
- ▶ Get a prescription for these products from your doctor, even if the products are sold over-the-counter (OTC)
- ▶ Fill the prescription at a network pharmacy

Up to two 90-day treatment courses are covered at no cost each year. Prior authorization is required for each 90-day drug supply.

Over-the-counter Medications

Requires Prior Authorization

- Nicotine Replacement Gum
- Nicotine Replacement Lozenge
- Nicotine Replacement Patch

Prescriptions

Requires Prior Authorization

- Bupropion sustained-release (generic Zyban) Tablet
- Nicotrol Inhaler
- Nicotrol Nasal Spray
- Chantix Tablet

These three prescription medications are covered with Prior Authorization **after members have tried:**

- 1) One over-the-counter nicotine product **and**
- 2) Bupropion sustained-release (generic Zyban) separately

Breast Cancer Preventive Medications

For women who are at increased risk for breast cancer but have not had breast cancer, these preventive medications are available at \$0 cost-share. To qualify, a woman must:

- ▶ Be age 35 or older
- ▶ At increased risk for the first occurrence of breast cancer – after risk assessment and counseling
- ▶ Obtain Prior Authorization

Most plans cover these medications at normal cost-share for the treatment of breast cancer, to prevent breast cancer recurrence and for other indications. They are available at \$0 cost-share to prevent the first occurrence of breast cancer if a Prior Authorization is obtained. If a woman qualifies, she can receive these drugs at \$0 cost-share for up to five years, minus any time she has been taking them for prevention.

raloxifene

tamoxifen

Health Care Reform

Pharmacy Benefit Preventive Care Medications Coverage

Frequently Asked Questions

Under the health reform law, health plans must cover U.S. Preventive Services Task Force A & B Recommendation medications and FDA-approved prescription and Over-The-Counter (OTC) contraceptives for women at 100 percent without charging a copayment, coinsurance or deductible when:

- ▶ Prescribed by a health care professional
- ▶ Age-, gender- and condition-appropriate
- ▶ Filled at a network pharmacy

To comply with this new law which continues to be clarified further by the U.S. Dept. of Labor, Health & Human Services and the Treasury, UnitedHealthcare offers this list of no-cost Preventive Care Medications.

When are Preventive Care Medications available?

This list of Preventive Care Medications is available to you for \$0 cost-share at network pharmacies now except for:

- ▶ Tobacco cessation medications which will become available on your plan's next renewal date on or after January 1, 2015.⁴
- ▶ Birth control product NuvaRing (a vaginal ring) which will become available on July 1, 2015.
- ▶ Low dose aspirin for preeclampsia during pregnancy which will become available on September 1, 2015.

Please note, in order to obtain coverage for **U.S. Preventive Services Task Force A & B Recommendation medications** and **OTC contraceptives**, you must have a prescription from a health care professional and the product(s) must be age-, gender-, and condition-appropriate.

Which Preventive Care Medications are available at no cost?

A list of Preventive Care Medications can be found on **pages 1-3 of this document** so you can discuss them with your doctor. You can also log in to **myuhc.com** or call the number on your health plan ID card to confirm the most current list of Preventive Care Medications for your plan.

Are all birth control products available at no cost to me?

No, only the products on the list applicable to your plan will be no cost under the pharmacy benefit.⁵ Due to new health reform guidelines issued on May 11, 2015, one new method of birth control (contraception) will become available at no cost to you on July 1, 2015. The new method of birth control will be NuvaRing, a vaginal ring.

The health reform law allows plans to use reasonable medical management to decide which birth control products are provided at no cost-share.

If you choose a no-cost product from the list applicable to your plan, your cost at the pharmacy will be \$0. If you choose a covered birth control product that is not on the list, a copay or co-insurance may be required. And this cost will apply to your deductible if you have one.

What if my doctor says I need birth control that is not on this Preventive Care Medication List?

Our Preventive Care Medications list covers all methods of FDA-approved birth control available through your **pharmacy benefit**. However, your doctor may decide you need birth control (contraception) that is not on this list for medical reasons. If so, you can request the type you need by calling the number on your health plan ID card, and asking how to obtain coverage. Medical reasons may include side effects, whether the birth control is permanent or can be reversed, and whether you can use the product as required.

Your **medical benefit** will also cover other forms of birth control such as IUDs, implants and surgical sterilization (having your tubes tied).

How can I get preventive medications to help me stop using tobacco for no cost?

If you are age 18 or older and want to quit using tobacco products, talk to your doctor about medications that can help. If your doctor decides this therapy is right for you, they may prescribe an Over-the-Counter or prescription medication.

You doctor can submit a Prior Authorization request to get these approved for you at \$0 cost-share if you are also **getting counseling** to help you stop using tobacco products. Your doctor can work with you to choose the best type of counseling – such as phone, online, group classes or doctor visits.

If I'm at risk for breast cancer, how can I get preventive medications for no cost?

If you are a woman age 35 or older, talk to your doctor about your risk of getting breast cancer if you have not had it.

If your doctor decides these drugs are appropriate for you, your doctor may offer to prescribe risk-reducing medications, such as raloxifene or tamoxifen.

You doctor can submit a Prior Authorization request to get these approved for you at \$0 cost-share if you meet coverage criteria.⁶

How can I get aspirin to prevent preeclampsia during pregnancy for no cost?

Starting Sept. 1, 2015, low-dose aspirin or baby aspirin (81 mg) will be available at no cost to pregnant women at risk for preeclampsia. If you are pregnant and at risk for preeclampsia, ask your doctor about whether low-dose aspirin can help. If so, your doctor can give you a prescription for low-dose aspirin to be filled at a retail network pharmacy at no cost to you.

Will this drug list change?

Drug lists can and do change, so it's always good to check. You can learn the cost of all products and view no-cost options by:

- ▶ Logging in to **myuhc.com**, and going to **Pharmacy Information**
- ▶ Calling the number on your health plan ID card.

What if I have a high-deductible or consumer-driven health (CDH) plan?

The same no-cost options on the list applicable to your plan will be available to you if you are in one of these plans. If you fill a prescription for covered products not on your plan's no-cost drug list, you will need to pay the full cost, until your pharmacy plan deductible is reached.

Are the no-cost Preventive Care Medications available at both retail and mail pharmacies?

Preventive Care Medications are available at both network retail pharmacies and the mail order pharmacy for plans with a mail order benefit.

What if the health care reform law requirements for Preventive Care Medication coverage change?

If the law requiring plans to provide Preventive Care Medications at no cost changes, information on how your costs may be impacted will be available to you by:

- ▶ Logging in to **myuhc.com**, and going to the **Pharmacy Information**
- ▶ Calling the number on the back of your health plan ID card

What if my plan has a religious exemption for covering contraceptives?

Some plans may not have coverage for contraceptives if your employer qualifies for a religious exemption. However, you will still have coverage without cost-share of the U.S. Preventive Services Task Force A & B Recommendation medications listed on the Preventive Care Medications list, such as aspirin and vitamin D, tobacco cessation and breast cancer preventive medications.



Still have questions?

Log in to **myuhc.com** and go to **Pharmacy Information** or call the number on your health plan ID card.



¹ Please note this list is subject to change.

² Always refer to your benefit plan materials to determine your coverage for medications and cost-share. Some medications listed on the PDL may not be covered under your specific benefit. Where differences are noted, the benefit plan documents will govern.

³ All branded medications are trademarks or registered trademarks of their respective owners.

⁴ The cost for U.S. Preventive Services Task Force A & B Recommendation medications and OTC contraceptives on this list could be reimbursed back to Feb. 20, 2013 when the U.S. Dept. of Labor FAQ guidance was issued. However, they became available at network retail pharmacies at \$0 cost-share on November 1, 2013.

⁵ When informed by a member's health care provider, UnitedHealthcare will accommodate a coverage exception request for any member when one of the zero cost contraceptives listed on the Preventive Care Medications list may be medically inappropriate as determined by the health care provider for that member and UnitedHealthcare will waive the otherwise applicable cost-sharing for a contraceptive not represented on the Preventive Care Medications list.

⁶ If your pharmacy benefit plan is grandfathered under the ACA, these drugs may be covered at the normal cost-share.