

What Is Step Therapy?

Step therapy is a process used by your health plan to help make sure you start with safe, effective, and lower-cost medications before trying others.

When Can Step Therapy Be Skipped?

You may qualify for a **step therapy exception** if:

- You have already tried the required medication(s) under your current or past health plan (even with another insurance company), and the medication:
 - Did not work;
 - Stopped working;
 - Caused side effects;
- Or if your doctor attests that the prescribed drug is necessary to save your life.

What Do You Need to Do?

Your doctor can request an exception for you. We may ask for medical information from you or your provider to support the request.

What Happens if Approved?

If the exception is approved and the medication is covered under your plan, we will authorize coverage for the prescription your provider ordered.

Need Help?

Talk to your health care provider or contact your health plan with questions about step therapy or exception requests.