

STEP THERAPY

and Your New Plan

Your Prescription
Benefits Manager



CVS Caremark is the new prescription benefits manager selected by Northrop Grumman.

Do medicines that cost more always work better? The answer is no.

Many lower-cost medicines provide great health benefits and save you money. In fact, you may be paying too much to treat your health condition. That is why your prescription benefit plan through CVS Caremark wants to help you and your doctor choose a lower-cost medicine as the first step in treating your condition.* **This is called Step Therapy.**

Through this Step Therapy program, Northrop Grumman and CVS Caremark are working together to make your prescription medicines more affordable.

Did You Know?

It makes sense to try a lower-cost option like a generic medicine as the first step in treating your condition. **Why?** Because for many people, they work just as well as other medicines but can cost up to 80 percent less.¹

¹Generic Pharmaceutical Association website: <<http://www.gphaonline.org/about-gpha/about-generics/case>>

*Lower-cost options are generally generic medicines.

This document contains references to brand-name prescription drugs that are trademarks or registered trademarks of pharmaceutical manufacturers not affiliated with CVS Caremark.

Same step program, different step names

The CVS Caremark Step Therapy Program is designed for people like you who take medicine to treat ongoing health conditions such as arthritis and high blood pressure. Using lower-cost options, like generic medicines, as the first step in treating your condition can help save you money. Month after month, year after year, the savings can really add up. After all, why pay more to treat your condition than you have to?

Step 1

Lower-Cost Options: Medicines to Try First

Your previous plan used the term “front-line drugs.” This first step requires the use of a lower-cost medicine before a Step 2 is considered. The lower-cost options are generally generic medicines. For many people, generic medicines provide the same health benefits as brand-name medicines, but at a lower cost.

Step 2

Preferred Brands: Medicines to Try Second

Referred to as “back-up drugs” in your previous plan, Preferred Brands with CVS Caremark are brand-name medicines that cost you more than generic medicines, but less than Non-Preferred Brands.

If a Step 1, Lower-Cost Option is not right for you, these Preferred Brands may be a good choice. Also called “back-up drugs” in your previous plan, Non-preferred brands are available only in certain classes.

You can always get a higher-cost, Non-Preferred Brand at a higher copayment if the Step 1 Lower-Cost Options or Step 2 Preferred Brands aren't right for you.

Feel good about your health with Step Therapy



CVS Caremark is committed to putting you on the path to better health in a more affordable way.

That's why this program was created by doctors, pharmacists, and other clinical experts who keep up on effective and lower-cost therapies. These professionals review the current research on thousands of prescription medicines, and then carefully choose the appropriate lower-cost medicines for Step 1 of this program.*

See last page on how to use your CVS Caremark Step Therapy program to your benefit.

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STEP THERAPY

Guideline Management (SGM) as of: 03/2013**

Drug Class	Condition	Lower-Cost Options* Medicines to Try First	Targeted Brands: Medicines to Try Second
Angiotensin II Receptor Antagonists (ARBs)	Heart and high blood pressure	amlodipine/benzapril, benazepril, benazepril HCT, captopril, captopril HCT, enalapril, enalapril HCT, fosinopril, fosinopril HCT, irbesartan, irbesartan HCT, lisinopril, lisinopril HCT, losartan, losartan HCT, moexipril, moexipril HCT, quinapril, quinapril HCT, ramipril, trandolapril, trandolapril, trandolapril-verapamil ext-rel	Benicar, Edarbi, Micardis, Tekturna, Benicar HCT, Edarbyclor, Micardis HCT, Tekturna HCT, Teveten HCT
Antidepressants: Selective Serotonin Reuptake Inhibitors (SSRI)	Depression	citalopram, escitalopram, fluoxetine/weekly, fluvoxamine, paroxetine, paroxetine extended release, sertraline	Pexeva, Viibryd
Antidepressants: Selective Serotonin Norepinephrine Reuptake Inhibitors (SNRI)	Depression	venlafaxine, venlafaxine ER	Cymbalta, Pristiq
Bisphosphonates Enhanced	Osteoporosis	alendronate, ibandronate	Actonel, Atelvia, Binosto, Fosamax Plus D
BPH	Enlarged prostate	alfuzosin ext-rel, doxazosin, terazosin, tamsulosin, finasteride	Rapaflo, Cardura XL, Avodart, Jalyn
Branded NSAID	Arthritis/Pain	diclofenac potassium, diclofenac sodium, diflunisal, etodolac, genoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, meclofenamate, mefenamic Acid, meloxicam, nabumetone, naproxen, naproxen Sodium, oxaprozin, piroxicam, sulindac, tolmetin	Duexis, Celebrex (excluding 400mg) (include Celebrex 400mg), Flector, Naprelan CR, Cambia, Nalfon, Pennsaid, Voltaren Gel, Zipsor
Fenofibrate	Cholesterol	gemfibrozil, fenofibrate, fenofibrate micronized	Lipofen, Fenoglide, Trilipix, Triglite

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Gabapentin	Nerve pain	gabapentin	Lyrica, Horizant, Gralise
HMG - Enhanced	Cholesterol	lovastatin, pravastatin, simvastatin, atorvastatin, fluvastatin, amlodipine- atorvastatin	Advicor, Altoprev, Crestor (excluding 40mg, 20mg) (will include 20mg, Simcor, Vytorin (excluding 10/80 mg; will include 10/80, Livalo, Zetia
Hypnotics	Insomnia	zaleplon, zolpidem, zolpidem ext-rel	Edluar, Lunesta, Zolpimist, Rozerem, Silenor, Intermezzo
Proton Pump Inhibitors - Enhanced	Stomach acid conditions	omeprazole, pantoprazole, lansoprazole, ome- prazole-sodium bicarbonate capsule, lansoprazole ODT	AcipHex, Dexilant, Nexium, Prilosec Packets, Protonix Packets, Zegerid Powder
Topical Acne	Dermatologic Conditions - mostly for acne	Antibiotics, Azelaic acid (topical), Clindamycin (topical), Erythromycin (topical), Sulfacetamide/sulfur (top), Sulfac- etamide (topical), Tetracycline (top & oral), Minocycline (oral), Doxycycline (oral), All benzoyl peroxide products, all salicylic acid products	Tazorac, Differin, Retinoid topicals
Topical Immuno- modulators	Dermatologic Conditions	alclometasone, Fluticasone propionate 0.05% crm, Fluticasone propionate 0.005% oint, Hydrocortisone probutate 0.1% crm, Hydrocor- tisonone butyrate 0.1% crm/oint/soln, Hydrocor- tisonone valerate 0.2% crm/oint, Mometasone furoate 0.1% crm/oint, Prednicarbate 0.1% crm/oint, Triamcinolone acetonide 0.1% crm/ oint/lotion, Triamcinolone acetonide 0.025% crm/lotion, High Potency Amcinonide 0.1% crm/oint, Betamethasone Diprop 0.05% crm/ oint/lotion, Desoximetasone 0.25% crm/oint, Desoximetasone 0.05% gel, Fluocinonide 0.05% crm/oint/gel, Halcinonide 0.1% crm/ oint, Triamcinolone acetonide 0.5% crm/oint, Betamethasone Diprop (augmented) 0.05% crm, Diflorasone diacetate 0.05% crm, Diflorasone diacetate (emollient base) 0.05% crm/oint, Betamethasone dipropionate(augmented) 0.05% oint/gel , Clobetasol propionate 0.05% crm/ oint/spray, Halobetasol propionate 0.05% crm/ oint, Diflorasone diacetate 0.05% oint	Elidel, Protopic

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Lowering your prescription costs with Step Therapy

CVS Caremark believes that your doctor can make the right choice for your prescription medicine.

But to help keep your costs as low as possible, be sure to talk to your doctor about using a Step 1 Lower-Cost Option or Step 2 Preferred Brand:

- When your doctor writes a prescription, be sure to ask if a lower-cost option like a generic medicine is right for you. Have your doctor refer to the Step 1 Lower-Cost Option list chart provided in this brochure.
- If your doctor thinks that one of these Step 1 Lower-Cost Options isn't right for you, your doctor may request that you receive a Step 2 Preferred Brand from the list chart provided in this brochure.

Remember:

New medicines are always being added to the Step Therapy program. You can find the most recent medicine on the Step Therapy lists by logging onto www.caremark.com.

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