

# Preventive Care Medications

## Traditional Prescription Drug List (PDL)<sup>1,2,3</sup>

### \$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 condition appropriate
- Filled at a network pharmacy

Most medications are available over-the-counter (OTC) except for some prescription colonoscopy preparation medications and prescription fluoride.

OTC	Medication/Supplement	Population	Reason
	Aspirin – 81 mg	Women who are at risk for preeclampsia during pregnancy	Prevent preeclampsia during pregnancy
	Aspirin – 81, 162 & 325 mg	Men age 45-79; Women age 55-79	Prevent cardiovascular disease
	Folic acid 400 & 800 mcg	Women who are or may become pregnant	Prevent birth defects
	Vitamin D – 400 & 1,000 units	Age 65 and over	Fall risk prevention
	Bisacodyl EC	Recommended age 50-75	Bowel preparation for colonoscopy needed for colon cancer screening
	Magnesium Citrate		
	PEG 3350 (generic Miralax)		
Rx	Medication/Supplement	Population	Reason
	<b>Generic Colyte 240/22.74 g sold as:</b> PEG-3350/electrolytes Gavilyte-C	Recommended age 50-75	Bowel preparation for colonoscopy needed for colon cancer screening
	<b>Generic Golytely 236/22.7 g sold as:</b> PEG-3350/electrolytes Gavilyte-G		
	<b>Generic Nulytely sold as:</b> PEG-3350/NaCl/NaBicarbonate/KCl Gavilyte-N Trilyte		
	Fluoride tablets, solution (not toothpaste, rinses)	Children age 0-6 years	Prevent dental cavities if water source is deficient in fluoride

#### Over-the-Counter 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 forms of birth control (contraception) are not currently considered Preventive Care Medications under the Affordable Care Act.

## Prescription Hormonal Birth Control (contraceptives)

### Brand Hormonal Birth Control (contraceptives)

● Natazia

○ NuvaRing

### 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, Levonorgestrel/Ethinyl Estradiol 150-30 (84) (generic LoSeasonique)

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

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

● Aranelle, Leena (generic Tri-Norinyl)

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

● Azurette, Bekyree, Desogestrel/Ethinyl Estradiol, Kariva, Kimidess, Pimtree, Viorele (generic Mircette)

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

● Blisovi FE, Gildess FE, Junel FE, Larin FE, Microgestin FE, Norethindone/Ethinyl Estradiol/Ferrous Fumarate, Tarina FE (generic Loestrin FE)

● Blisovi 24 FE, Gildess 24 FE, Junel 24 FE, Larin 24 FE, LoMedia 24 FE, Microgestin FE (generic Loestrin 24 FE)

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

● Caziant, Cesia, Velivet (generic Cyclessa)

● Cryselle, Elinest, Low-Ogestrel, Ogestrel (generic Lo/Ovral, Ovral)

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

● Enpresse, Levonest, Levonorgestrel/Ethinyl Estradiol, Myzilra, Trivora-28 (generic Triphasil)

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

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

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

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

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

▲ 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)

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

● 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)

ella

Plan B One-Step

### Generic Emergency Birth Control (contraceptives)

Aftera, EContra EZ, Fallback Solo, Levonorgestrel 1.5 mg, My Way, Next Choice One Dose, Opcicon One-Step, React, Take Action (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 Cervical Caps

Femcap

Prentif

### Brand Diaphragms

Koro-Flex

Koromex

Omniflex

Ortho Coil

Ortho-Diaphragm

Ortho Flex

Wide-Seal

## Tobacco Cessation Medications

If you need help to quit smoking or using tobacco products, these preventive medications are available at \$0 cost-share.

To qualify, you need to:

- Be age 18 or older.
- Ask your doctor to obtain Notification/Prior Authorization for Nicotrol or Chantix prescriptions to confirm that you have tried one of the over-the-counter nicotine products and Bupropion sustained release.
- 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.

<p><b>Over-the-counter Medications</b> <i>Require a prescription</i></p>	<ul style="list-style-type: none"> <li>• Nicotine Replacement Gum</li> <li>• Nicotine Replacement Lozenge</li> <li>• Nicotine Replacement Patch</li> </ul>
<p><b>Generic Zyban</b> <i>Requires a prescription</i></p>	<ul style="list-style-type: none"> <li>• Bupropion sustained-release (generic Zyban) Tablet</li> </ul>
<p><b>Nicotrol &amp; Chantix</b> <i>Require Prior Authorization and a prescription</i></p>	<ul style="list-style-type: none"> <li>• Nicotrol Inhaler</li> <li>• Nicotrol Nasal Spray</li> <li>• Chantix Tablet</li> </ul> <div style="border-left: 2px solid blue; padding-left: 10px; margin-left: 20px;"> <p>These three prescription medications are covered with Prior Authorization <b>after members have tried:</b></p> <ol style="list-style-type: none"> <li>1) One over-the-counter nicotine product <b><i>and</i></b></li> <li>2) Bupropion sustained-release (generic Zyban) separately</li> </ol> </div>

## Breast Cancer Preventive Medications

For members 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 member 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 member qualifies, they can receive these drugs at \$0 cost-share for up to five years, minus any time they have 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 and/or 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.<sup>4</sup>

Please note, in order to obtain coverage for Preventive Care Medications, even if they are available over the counter, you must have a prescription from a health care professional and the product(s) must be age- 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 sign in to [myuhc.com](http://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.<sup>5</sup> Due to new health reform guidelines issued on May 11, 2015, one new method of birth control (contraception) became available at no cost to you on July 1, 2015. The new method of birth control is 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 coinsurance 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).

### If I need to take preparation medications before a preventive colonoscopy, how can I get these for no cost?

If you are scheduled for a preventive colonoscopy, ask your doctor for a prescription for one of the no cost preparation medications. You can fill this prescription at a retail network pharmacy at no cost to you.

### What if my doctor prescribes a preparation medication for my preventive colonoscopy that is not on this list?

You can ask your doctor for a prescription for one of the medications on this list that your doctor feels would work for you. For some medical reasons, your doctor may decide you need a medication that is not on this list to prepare for your preventive colonoscopy. If so, you can request the medication you need by calling the number on your health plan ID card, and asking how to obtain coverage at no cost. Medical reasons may include side effects, and whether you can use the product as required.

If you need a prescription medication to prepare for a colonoscopy that is **not preventive**, these medications may still be covered with a copayment or coinsurance.

### 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.

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

If you are a member 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.

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

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

Low-dose or baby aspirin (81 mg) is 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:

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



## Still have questions?

Sign in to **myuhc.com** and go to **Pharmacy Information** or call 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:

- Signing in to **myuhc.com**, and going to **Pharmacy Information**
- Calling the number on 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.

<sup>1</sup> Please note this list is subject to change.

<sup>2</sup> 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.

<sup>3</sup> All branded medications are trademarks or registered trademarks of their respective owners.

<sup>4</sup> 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.

<sup>5</sup> 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.

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