

## Step Therapy Guidelines for the City of Houston (COH) Employees

**Effective May 1, 2005**, the City of Houston implemented a Step Therapy Program for their employees for the following therapies: Cox 2, Leukotriene Inhibitors, Rheumatoid Arthritis/ Psoriasis agents, ACE Inhibitor (ACEI) and Angiotensin Receptor Blocker (ARB). The Step Therapy Guidelines are as follows:

### Cox 2 Step Therapy: Celebrex and Bextra

#### Celebrex/ Bextra

To receive a Cox 2 drug, you must have evidence of one of the following protocols in the past 120 days:

- One prescription for a glucocorticoid (i.e., prednisone); or
- One prescription for Coumadin (warfarin); or
- One prescription for a proton pump inhibitor (i.e., Nexium, Protonix, Prevacid), H2-receptor antagonist (i.e., Zantac), sucralfate, AND one non-selective NSAID (i.e., naproxen, ibuprofen), or
- Age 65 or greater

### Leukotriene Modifier Step Therapy: Accolate and Singulair

#### Accolate

For a prescription of Accolate to pay automatically, you must meet the following criteria:

- < 12 years of age does not require step therapy
- > 12 years of age must have a previous trial of an inhaled corticosteroid (i.e., Flovent) in the previous 60 days

#### Singulair

The criteria for a prescription of Singulair 10 mg tablets to pay automatically are as follows:

- < 15 years of age does not require step therapy
- > 15 years of age a previous trial of either an inhaled glucocorticoid (i.e. Pulmicort), or a nasal glucocorticoid (i.e. Flonase), or a non-sedating antihistamine (i.e., Allegra) in the previous 60 days

### Rheumatoid Arthritis/ Psoriasis Step Therapy: Enbrel, Humira and Kineret

#### Enbrel

- A prescription for Enbrel will pay automatically if you have taken a topical or oral psoriasis medication in the past 180 days.

Topical and oral psoriasis drugs include:

<i>acitretin</i>	<i>coal tar products</i>	<i>methotrexate</i>
<i>anthralin</i>	<i>cyclosporine</i>	<i>tazarotene</i>
<i>calcipotriene</i>	<i>methoxsalen</i>	<i>topical corticosteroids</i>

- A prescription for Enbrel will pay automatically if you have taken oral or injectable methotrexate within the previous 90 days of the associated claim (the claim will reject if you have taken Humira or Kineret within the previous 30 days).

#### Humira

- A prescription for Humira will pay automatically if you have taken oral or injectable methotrexate within the previous 90 days of the associated claim (the claim will reject if you have taken Enbrel or Kineret within the previous 30 days).

#### Kineret

- A prescription for Kineret will pay automatically if you have taken oral or injectable methotrexate within the previous 90 days of the associated claim (the claim will reject if

you have taken Enbrel or Humira within the previous 30 days).

### **ACE Inhibitor (ACEI) & Angiotensin Receptor Blocker (ARB) Step Therapy**

#### **ACEIs: (Accupril, Aceon, Altace, Capoten, Lotensin, Mavik, Monopril, Prinivil, Univas, Vasotec, Zestril)**

- a. For a brand prescription of an Angiotensin II Converting Enzyme Inhibitor (ACEI) to pay automatically, you must have already received the same brand ACEI or ACEI/diuretic combination within the past 90 days. If a new prescription is for the same brand ACEI with or without a diuretic, it will also pay automatically.

#### **Altace**

- a. New prescriptions for the brand, Altace will automatically pay if you are > 55 years of age

#### **ARBs: (Atacand, Avapro, Benicar, Cozaar, Diovan, Micardis, Teveten)**

- a. A new prescription of an ARB or ARB/diuretic combination will automatically pay if you have prior claims for the same ARB or combination within the past 90 days
- b. A prescription for an ARB or ARB/diuretic combination will also pay automatically if there is evidence of a claim for an ACEI or ACEI/diuretic combination in the previous 365 day look-back period

6/14/05