

## Preventive Care Medications

# \$0 Cost-Share Medications & Products<sup>1,2,3</sup>

Under the health reform law (Affordable Care Act), pharmacy benefit plans must cover certain Preventive Care Medications at 100 percent - without charging a co-pay, co-insurance or deductible.

These products include:

- U.S. Preventive Services Task Force A & B Recommendation medications
- Food and Drug Administration (FDA)-approved prescription and Over-The-Counter (OTC) birth control (contraceptives) for women

To comply with this law, **MedalistRx™** is offering this updated list of no-cost Preventive Care Medications.

You can use your member ID card to get the products on this list for no cost if they are:

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

These products are available at no cost to you on both standard and high-deductible or consumer-driven health plans. To find a network pharmacy, login to [OptumRx.com](http://OptumRx.com), choose "Locate a Pharmacy" and enter your zip code - or call the number on your member ID card. If you get these drugs or products from an out-of-network pharmacy, you will have to pay the full cost for them. Male forms of birth control are not currently considered Preventive Care Medications under the Affordable Care Act.

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

A prescription is required to get these medications and supplements at no cost - even though most are available over-the-counter (OTC).

OTC	Medication/Supplement	Population	Reason
	Aspirin - 81 mg	Women who are at risk for preeclampsia during pregnancy	Prevent preeclampsia during pregnancy
	Aspirin - 81 & 325 mg	Age 50 - 59	Prevent cardiovascular disease and colon cancer
	Folic acid 400 & 800 mcg	Women who are or may become pregnant	Prevent birth defects
	Vitamin D	Age 65 and over	Fall risk prevention

OTC	Medication/Supplement	Population	Reason
	Bisacodyl EC Tab	Recommended age 50 - 75	Bowel preparation for colonoscopy needed for preventive colon cancer screening
	Magnesium Citrate Sol		
	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 preventive 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 chew tablets, drop (not toothpaste, rinses)	Children age 0-5 years	Prevent dental cavities if water source is deficient in fluoride

## Birth Control Products

### Birth Control Caps & Diaphragms (cervical)

Caya  
Femcap  
Omniflex  
Wide Seal

### Birth Control Pills

#### Generic Ortho Micronor & Nor-QD sold as:

Camila 0.35mg  
Deblitane  
Errin 0.35mg  
Heather 0.35mg  
Jencycla 0.35mg  
Jolivette 0.35mg  
Lyza 0.35mg  
Nora-Be 0.35mg  
Norethindron 0.35mg  
Norlyroc  
Sharobel

#### Generic Desogen-28 & Ortho-Cept sold as:

Apri  
Cyred  
Deso/ethinyl estradiol  
Emoquette  
Enskyce  
Juleber  
Reclipsen  
Solia

#### Generic Yaz 3-0.02mg sold as:

Drospirenone/ethy est  
Gianvi  
Loryna  
Nikki  
Vestura

#### Generic Yasmin 28 3-0.03mg sold as:

Drospir/Ethi 3-0.03mg  
Ocella 3-0.03mg  
Syeda 3-0.03mg  
Zarah

#### Generic Demulen 1/35 sold as:

Kelnor 1/35  
Zovia 1/35E

#### Generic Generess FE CHW sold as:

Kaitlib FE CHW  
Layolis FE CHW  
Noreth/Ethin FE CHW

#### Generic Demulen 1/50 sold as:

Zovia 1/50E

#### Generic Alesse & Levlite sold as:

Aubra  
Aviane  
Delyla  
Falmina  
Larissia  
Lessina-28  
Levonor/Ethi 0.1-0.02  
Lutera  
Orsythia  
Sronyx  
Vienna

#### Generic Nordette-28 sold as:

Altavera  
Chateal  
Kurvelo  
Levonor/ethinyl estradiol  
Levora-28  
Marlissa  
Portia-28

#### Generic Ovcon-35 sold as:

Balziva  
Briellyn  
Gildagia  
Philith  
Vyfemla  
Zenchent

#### Generic Brevicon 0.5/35 & Modicon 0.5/35 sold as:

Necon 0.5/35  
Nortrel 0.5/35  
Wera 0.5/35

You can get a 3-month supply of your medication mailed to you with no cost for standard shipping. Just call the phone number on your ID card, and ask for home delivery.

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## Birth Control Products continued...

<p><b>Generic Ortho-Novum 1/35-28 &amp; Norinyl 1/35 sold as:</b>                      Alyacen 1/35                      Cyclafem 1/35                      Dasetta 1/35                      Necon 1/35                      Nortrel 1/35                      Pirmella 1/35</p>	<p><b>Generic Ortho-Cyclen 0.25/35 sold as:</b>                      Estarylla                      Mono-Linyah                      Mononessa                      Norgestimate &amp; Ethinyl Estradiol 0.25mg-35mcg                      Previfem                      Sprintec 28</p>	<p><b>Generic for Ortho Tri-Cyclen Lo sold as:</b>                      Norgest/Ethi Estradio                      Tri-Lo-Estaryll                      Tri-Lo-Marzia                      Tri-Lo-Sprintec                      Trinessa Lo</p>
<p><b>Generic Loestrin 24 FE sold as:</b>                      Blisovi 24                      Gildess 24 FE                      Junel 24 FE                      Larin 24 FE                      Lomedia 24 FE                      Microgestin 24 FE</p>	<p><b>Generic Femcon FE chewable sold as:</b>                      Wymzya FE chewable                      Zenchent FE chewable</p>	<p><b>Generic Estrostep FE sold as:</b>                      Tilia FE                      Tri-Legest FE</p>
<p><b>Generic Loestrin 1/20 sold as:</b>                      Gildess 1/20                      Junel 1/20                      Larin 1/20                      Microgestin 1/20                      Noreth/Ethin 1/20</p>	<p><b>Generic Mircette 28 Day sold as:</b>                      Azurette                      Bekyree                      Deso/Ethinyl estradiol                      Kariva                      Kimidess                      Pimtrea                      Viorele</p>	<p><b>Generic Loseasonique sold as:</b>                      Amethia Lo                      Camrese Lo                      Levonorgestrel and Ethinyl Estradiol</p>
<p><b>Generic Loestrin 1.5/30 sold as:</b>                      Gildess 1.5/30                      Junel 1.5/30                      Larin 1.5/30                      Microgestin 1.5/30</p>	<p><b>Generic Ortho-Novum 10/11 sold as:</b>                      Necon 10/11-28</p>	<p><b>Generic Seasonale sold as:</b>                      Introvale                      Jolessa                      Levonor/ethinyl estradiol                      Quasense                      Setlakin</p>
<p><b>Generic Loestrin FE 1/20 sold as:</b>                      Blisovi FE 1/20                      Gildess FE 1/20                      Junel FE 1/20                      Larin FE 1/20                      Microgestin FE 1/20                      Noreth/Ethin FE 1/20                      Tarina FE 1/20</p>	<p><b>Generic Cyclessa Pak sold as:</b>                      Caziant Pak                      Cesia Pak                      Velivet Pak</p>	<p><b>Generic Seasonique sold as:</b>                      Amethia                      Ashlyna                      Camrese                      Daysee                      Levonor/ethi estradio</p>
<p><b>Generic Loestrin FE 1.5/30 sold as:</b>                      Blisovi FE 1.5/30                      Gildess FE 1.5/30                      Junel FE 1.5/30                      Larin FE 1.5/30                      Microgestin FE 1.5/30</p>	<p><b>Generic Triphasil sold as:</b>                      Enpresse-28                      Levonest                      Levonor/Ethi                      Myzilra                      Trivora-28</p>	<p><b>Generic Lybrel 90-20mcg sold as:</b>                      Amethyst 90-20mcg                      Levo-Eth Est 90-20mcg</p>
<p><b>Generic Norinyl 1+50-28 sold as:</b>                      Necon 1/50-28</p>	<p><b>Generic Ortho-Novum 7/7/7-28 sold as:</b>                      Alyacen 7/7/7                      Cyclafem 7/7/7                      Dasetta 7/7/7                      Necon 7/7/7                      Nortrel 7/7/7                      Pirmella 7/7/7</p>	<p><b>Birth Control Rings (vaginal)</b>                      Nuva-Ring</p>
<p><b>Generic Lo/Ovral-28 sold as:</b>                      Cryselle-28                      Elinest                      Low-Ogestrel</p>	<p><b>Generic Tri-Norinyl 28 sold as:</b>                      Aranelle                      Leena</p>	<p><b>Birth Control Patches (transdermal)</b>                      Generic Ortho Evra sold as:                      Xulane</p>
<p><b>Generic Ovral sold as:</b>                      Ogestrel</p>	<p><b>Generic Ortho Tri-Cyclen sold as:</b>                      Norgestimate/Ethinyl Estradiol                      Tri-Estaryll                      Tri-Linyah                      Tri-Previfem                      Tri-Sprintec                      Trinessa</p>	<p><b>Birth Control Shots (injection)</b>                      Depo-SQ Provera 104                      medroxyprogesterone 150mg IM (generic Depo-Provera contraceptive)</p>
		<p><b>Emergency Birth Control</b>                      ella                      Levonorgestrel 1.5mg, (generic Plan B One-Step)</p>

You can get a 3-month supply of your medication mailed to you with no cost for standard shipping. Just call the phone number on your ID card, and ask for home delivery.

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## Birth Control Products continued...

<b>Over-The-Counter (OTC) Birth Control</b> (must have a prescription and get them from a network pharmacy for OptumRx to cover the costs)
Contraceptive films (e.g. VCF Vaginal)
Contraceptive foams (e.g. VCF Vaginal Aer)
Contraceptive gels (e.g. Gynol II, Shur-Seal, VCF Vaginal)

FC Female (female condom)
Generic emergency birth control (e.g. Aftera, EContra EZ, Opcicon, Fallback, Levonorgestr tab 1.5 mg, My Way, Next Choice, React, Take Action)
Today sponge

<b>Birth Control IUD's and Implants.</b>
Liletta Mirena Nexplanon Paragard Skyla
<i>Some methods of birth control, such as IUDs and Implants, may be available through your medical benefit and not your pharmacy benefit.</i>

## 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

- 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 180 days of treatment are covered at no cost each year. Maximum daily dose quantity limits apply.

<b>Over-the-Counter Medications</b> (generic or store-brand only)	• Nicotine Replacement Gum
	• Nicotine Replacement Lozenge
<b>Prescriptions</b>	• Nicotine Replacement Patch
	• Bupropion sustained-release (generic Zyban) Tablet
	• Chantix Tablet • Nicotrol Inhaler • Nicotrol Nasal Spray
<p>These three prescription medications are covered <b>after members have tried:</b></p> <ol style="list-style-type: none"> <li>1) One over-the-counter nicotine product <b>and</b></li> <li>2) Bupropion sustained-release (generic Zyban) separately</li> </ol>	

## 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
- Be 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
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tamoxifen
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# Pharmacy Benefit Preventive Care Medications Coverage

**When will no cost Preventive Care Medications be available?**  
Preventive Care Medications are available now.<sup>4</sup>

**What 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 view them **MedalistRx.com** or call the number on your 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> The health reform law allows plans to use reasonable medical management to decide which birth control products will be provided at no cost.

If you choose a product from this list, your cost at the pharmacy will be \$0. If you choose a covered birth control product that is not on the list, a co-pay 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 includes at least one form of birth control from FDA-approved methods typically available through your **pharmacy benefit**. If your doctor recommends pharmacy-dispensed birth control not on our list for medical reasons, OptumRx will cover that recommended drug or product at no cost to you through our exceptions process. Just call the number on your OptumRx ID card, and ask 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.

Some methods of birth control, such as IUDs and Implants, may be available through your **medical benefit** and not your pharmacy benefit.

**If I'm at risk for preeclampsia during pregnancy, how can I get low-dose aspirin 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, talk to your doctor about whether low-dose aspirin can help. If so, your doctor can give you a prescription for low-dose aspirin which can be filled at no cost to you at a network retail pharmacy.

**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 co-payment or co-insurance.

**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 a generic Over-the-Counter or prescription medication.

The tobacco cessation products on this list are available at no cost to you if they are:

- Prescribed by your doctor
- Filled at a network pharmacy
- Meet use and quantity guidelines

**If I'm at risk for breast cancer but have not had it, how can I get preventive drugs for \$0 cost-share?**

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 this treatment is appropriate for you, your doctor may offer to prescribe risk-reducing medications, such as raloxifene or tamoxifen.<sup>6</sup>

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

**How many Preventive Care Medications can I get?**  
Some products have quantity limits based on FDA approved dosing or product packaging. Coverage is limited to up to a 30 day supply at retail pharmacies or up to a 90 day supply from home delivery.

**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 no cost options by:

- Viewing all documents and formularies **MedalistRx.com**, or
- Calling the number on the back of your 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 fill a prescription for covered birth control products that are not on your plan's no cost drug list, you will need to pay the full cost, until your deductible is reached.

## Frequently Asked Questions continued...

### Are the no cost Preventive Care Medications available at both retail and home delivery pharmacies?

Preventive Care Medications are available at network retail pharmacies. Most are also available at the OptumRx® Home Delivery Pharmacy for plans with a home delivery benefit.

The OptumRx Home Delivery Pharmacy can mail a 3-month supply of your medication right to you with no cost for standard shipping. That means you can order four times a year instead of making 12 trips to pick up your medication. To start using home delivery, just call the number on your OptumRx ID card.

### 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:

- Viewing all documents and formularies at [MedalistRx.com](http://MedalistRx.com), or
- Calling the number on your ID card.

### Is my plan required to cover contraceptives?

Some plans may not have coverage for contraceptives if your employer qualifies for a religious exemption. Also, some organizations (Eligible Organizations) can choose not to cover contraceptives for religious reasons; OptumRx may provide or arrange for contraceptive coverage for members of Eligible Organizations as required by the health reform law. In either event, 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).

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 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, an issuer must accommodate any member when one of the zero cost contraceptives may be medically inappropriate as determined by the member's health care provider and waive the otherwise applicable cost-sharing for a contraceptive not currently covered at zero cost.
6. If your pharmacy benefit plan is grandfathered under the ACA, these drugs may be covered at the normal cost-share.



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