

DC-37 Health and Security Plan  
125 Barclay Street  
New York, NY 10007-2179

# Health & DC 37 Security Plan

November 2004

Dear Member:

## Affordable Prescriptions One Step at a Time

**This is to inform you that the Trustees of the DC 37 Health and Security Plan voted to implement additional Prescription Drug Benefit cost containment measures effective December 1, 2004.**

Your prescription plan will start a new program called **Step Therapy**. The step therapy program requires participants to try, as step one, less costly and preferred medications for chronic conditions before trying more expensive drugs. This affects individuals whose physician prescribes certain medications for the first time. Individuals who are currently taking Step Two medications covered by the program won't be affected. Please note if you were prescribed a Step Two medication in the past and have not filled a prescription for it in four months or longer, you will not be able to re-start that medication without first trying a Step One drug.

Step therapy drugs are generally used for treatment of long-term illnesses or conditions. The drug categories in the step therapy program include medication to treat high blood pressure, dermatitis and eczema, attention deficit hyperactivity disorder, asthma and allergy, depression, rheumatoid arthritis, and diabetes\*. Effective March 1, 2005, the step therapy program will also include pain and arthritis medication and ulcer and gastro-esophageal reflux disease medication.

### **How does step therapy work?**

Under the program, doctors will be asked to prescribe "step one" medication when they prescribe drugs for patients in a covered treatment category for the first time. If the first treatment does not work well, the patient can then be given a more costly "step-two" drug. The pharmacy's Express Scripts computer network will flag prescriptions for covered drugs. If the initial prescription is for a more expensive step two drug, the pharmacist will generally contact the physician to request a new prescription for a step one drug. If a physician is unavailable, patients will be responsible for obtaining the new prescription. *If you choose to get your written prescription filled as is, you will pay the full cost for it, and the medication will not be covered by the plan.*

\*The DC 37 Health & Security Plan Prescription Drug Benefit provides diabetes medication for Medicare eligible retirees only.

**TRUSTEES:** Rosaria R. Esperon, Administrator    Mark Rosenthal, Chair    Patrick J. Bahnken, Co-Chair  
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Established by District Council 37, American Federation of State, County & Municipal Employees, AFL-CIO

Physicians may contact Express Scripts prior authorization department to request an approval for a "step two" drug, if they feel a specific patient's case is unique and warrants special handling. Express Scripts will not automatically approve such requests.

The step therapy program follows the co-payment structure of the Plan's prescription drug benefit, which has different co-pays for generic, preferred brand-name and non-preferred brand-name drugs. Keep in mind that the Plan's mandatory mail order program is also in effect. Individuals must obtain maintenance medication by mail after filling an original and two refills at the retail pharmacy.

Please see the chart on the back of this letter. It lists the Step Two drugs and their Step One alternatives. **If you are currently filling prescriptions for Step Two drugs, you can continue to fill them after 12/1/04.**

If you are prescribed medication for one of the step therapy categories after 12/1/04, please speak with your physician about the appropriate Step One alternative so it will be covered by your prescription plan.

#### **Take the right step**

Only you and your doctor can make decisions about your healthcare, so share this information with your doctor. It makes sense to begin with the most affordable medication that meets your needs. You save money, and the DC37 Health & Security Plan can continue to afford high-quality prescription coverage for members.

#### **Other changes**

Some prescription strength versions of over the counter medications such as ibuprofen, omeprazole and Zantac will be covered by the prescription plan beginning 12/1/2004. If your physician is or will be treating you for conditions such as pain, arthritis, ulcers, or GERD, please let him or her know of this benefit change so he or she can prescribe appropriately.

If you have questions about the step therapy program, your co-payments or any other aspect of your prescription plan, contact Express Scripts at 1-800-467-2006.

Sincerely,

Rosaria R. Esperon  
Administrator  
District Council 37 Health & Security Plan

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DC-37 STEP THERAPY MODULES

Step Module	First Line Agents	Second Line Agents
<b>A2 (hypertension) (Must try ACE first - see below category)</b>	Accupril, Accuretic, Aceon, Altace, Capoten, Capozide, Lexxel, Lotensin/HCT, Lotrel, Mavik, Moexipril, Monopril/HCT, Prinivil, Prinzide, Tarka, Teczem, Uniretic, Univasc, Vaseretic, Vasotec, Zestoretic, Zestril, generics	Atacand/HCT, Avapro, Avalide, Benicar/HCT, Cozaar, Diovan/HCT, Hyzaar, Micardis/HCT, Teveten
<b>ACE (hypertension)</b>	Captopril, Enalapril, Fosinopril, Lisinopril, Moexipril, Lisinopril/HCTZ, Enalapril/HCTZ, Captopril/HCTZ, Quinapril/HCTZ	Accupril, Aceon, Altace, Lotensin HCT, Monopril HCT, Uniretic, Lexxel, Lotrel, Tarka
<b>Enbrel (arthritis)</b>	Ridaura, Solganal, Imuran, Neoral, Sandimmune, SanCya, Cuprimine, Depen, Aurolate, Plaquenil, Arava, Rheumatrix, Azulfidine Entabs, Azuldidine, Remicade, Kineret, Humira	Enbrel
<b>Kineret (arthritis)</b>	Ridaura, Solganal, Imuran, Neoral, Sandimmune, SanCya, Cuprimine, Depen, Aurolate, Plaquenil, Arava, Rheumatrix, Azulfidine Entabs, Azuldidine, Remicade, Humira, Enbrel	Kineret
<b>Humira (arthritis)</b>	Ridaura, Solganal, Imuran, Neoral, Sandimmune, SanCya, Cuprimine, Depen, Aurolate, Plaquenil, Arava, Rheumatrix, Azulfidine Entabs, Azuldidine, Remicade, Kineret, Enbrel	Humira
<b>Elidel/ Protopic (dermatitis)</b>	Aclovate, Cyclocort, Diprolene/AF, Temovate, Cloderm, Topicort, Florone/E, Psorcon E, Cordran, Cutivate, Halog, Ultravate, Pandel, Locoid, Elocon, Kenalog, Aristocort	Elidel, Protopic
<b>Glucophage XR (diabetes)</b>	Metformin	Glucophage XR, Fortamet ER
<b>Strattera (attention deficit disorder)</b>	Adderall, Dexedrine, Desoxyn, Concerta, Methylin, Metadate, Ritalin, Focalin, Cylert	Strattera
<b>Leukotriene (asthma)</b>	Beconase, Vancenase, Rhinocort, Nasalide, Nasarel, Flonase, Nasonex, Nasacort, Tri-Nasal, Zyrtec, Clarinex, Allegra, Zyrtec D, Allegra-D	Singulair, Accolate, Zyflo
<b>COX2 (pain and inflammation)</b>	Ansaid, Anaprox/DS, Cataflam, Clinoril, Daypro, EC Naprosyn, Feldene, Indocin/SR, Lodine/XL, Meclomen, Motrin, Naprelan, Naprosyn, Nalfon, Orudis, Oruvail, Relafen, Tolectin/DS, Toradol, Voltaren/XR, generics	Celebrex, Bextra
<b>NSAID (pain and inflammation)</b>	Ansaid, Anaprox/DS, Cataflam, Clinoril, Daypro, EC Naprosyn, Feldene, Indocin/XR, Lodine/XL, Meclomen, Motrin, Naprelan, Naprosyn, Nalfon, Orudis, Oruvail, Tolectin/DS, Toradol, Voltaren/XR, generics	Mobic, Ponstel, Arthrotec
<b>Generic PPI (GI ulcers)</b>	omeprazole	Prevacid, Prilosec, Aciphex, Protonix, Nexium
<b>SSRI (depression)</b>	Flouxetine, Fluvoxamine, Paroxetine	Paxil/CR, Pexeva, Zoloft, Celexa, Lexapro, Luvox, Prozac/Weekly
<b>Symbyax (mental health)</b>	Ablify, Clozaril, Fazaclo, Zyprexa, Seroquel, Risperdal, Geodon	Symbyax
<b>Other Antidepressant (depression)</b>	paroxetine, fluoxetine, fluvoxamine and bupropion SR.	Effexor, Cymbalta, and Wellbutrin XL