

Preventive Care Medications

\$0 Cost-Share Medications & Products^{1,2,3}

Under the health reform law (Affordable Care Act), pharmacy benefit plans must cover certain Preventive Care Medications at 100 percent - without charging a copay, 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, OptumRx is offering this updated list of no-cost Preventive Care Medications.

You can use your OptumRx 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, choose "Locate a Pharmacy" and enter your zip code - or call the number on your OptumRx 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	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
	Iron liquid supplement	Children age 0-1 year	Prevent anemia due to iron deficiency
	Vitamin D - 400 & 1,000 units	Age 65 and over	Fall risk prevention
Rx	Medication/Supplement	Population	Reason
	Fluoride tablets, solution (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)	Generic Demulen 1/50 sold as: Zovia 1/50E	Generic Loestrin 1/20 sold as: Gildess 1/20 Junel 1/20 Larin 1/20 Microgestin 1/20 Noreth/Ethin 1/20
Femcap Wide Seal	Generic Alesse & Levlite sold as: Aubra Aviane Delyla Falmina Lessina-28 Levonor/Ethi 0.1-0.02 Lutera Orsythia Sronyx	Generic Loestrin 1.5/30 sold as: Gildess 1.5/30 Junel 1.5/30 Larin 1.5/30 Microgestin 1.5/30
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 Nordette-28 sold as: Altavera Chateal Kurvelo Levonor/ethinyl estradiol Levora-28 Marlissa Portia-28	Generic Loestrin FE 1/20 sold as: 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
Generic Desogen-28 & Ortho-Cept sold as: Apri Cyred Deso/ethinyl estradiol Emoquette Enskyce Reclipsen Solia	Generic Ovcon-35 sold as: Balziva Briellyn Gildagia Philith Vyfemla Zenchent	Generic Loestrin FE 1.5/30 sold as: Gildess FE 1.5/30 Junel FE 1.5/30 Larin FE 1.5/30 Microgestin FE 1.5/30
Generic Yaz 3-0.02mg sold as: Drospirenone/ethy est Gianvi Loryna Nikki Vestura	Generic Brevicon 0.5/35 & Modicon 0.5/35 sold as: Necon 0.5/35 Nortrel 0.5/35 Wera 0.5/35	Generic Norinyl 1+50-28 sold as: Necon 1/50-28
Generic Yasmin 28 3-0.03mg sold as: Drospir/Ethi 3-0.03mg Ocella 3-0.03mg Syeda 3-0.03mg Zarah	Generic Ortho-Novum 1/35-28 & Norinyl 1/35 sold as: Alyacen 1/35 Cyclafem 1/35 Dasetta 1/35 Necon 1/35 Nortrel 1/35 Pirmella 1/35	Generic Lo/Ovral-28 sold as: Cryselle-28 Elinest Low-Ogestrel
Generic Demulen 1/35 sold as: Kelnor 1/35 Zovia 1/35E	Generic Loestrin 24 FE sold as: Gildess 24 FE Junel 24 FE Larin 24 FE Lomedia 24 FE	Generic Ovral sold as: Ogestrel
Generic Generess FE CHW sold as: Layolis FE CHW Noreth/Ethin FE CHW		Generic Ortho-Cyclen 0.25/35 sold as: Estarylla Mono-Linyah Mononessa Norgestimate & Ethinyl Estradiol 0.25mg-35mcg Previfem Sprintec 28
		Generic Femcon FE chewable sold as: Wymzya FE chewable Zenchent FE chewable
		Generic Mircette 28 Day sold as: Azurette Deso/Ethinyl estradiol Kariva Kimidess Pimtrea Viorele

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 OptumRx ID card, and ask for mail service.

Birth Control Products continued...

Generic Ortho-Novum 10/11 sold as: Necon 10/11-28	Generic Estrostep FE sold as: Tilia FE Tri-Legest FE	Birth Control Shots (injection) Depo-SQ Provera 104 medroxyprogesterone 150mg IM (generic Depo-Provera contraceptive)
Generic Cyclessa Pak sold as: Caziant Pak Cesia Pak Velivet Pak	Generic Loseasonique sold as: Amethia Lo Camrese Lo Levonorgestrel and Ethinyl Estradiol	Emergency Birth Control ella Levonorgestrel 0.75mg, (generic Plan B) Levonorgestrel 1.5mg, (generic Plan B One-Step)
Generic Triphasil sold as: Enpresse-28 Levonest Myzilra Trivora-28	Generic Seasonale sold as: Introvale Jolessa Levonor/ethinyl estradiol Quasense	Over-The-Counter (OTC) Birth Control (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. Conceptrol, Gynol II, Shur-Seal) FC Female (female condom) Generic emergency birth control (e.g. Aftera, EContra EZ, Opcon, Fallback, My Way, Next Choice, Take Action)
Generic Ortho-Novum 7/7/7-28 sold as: Alyacen 7/7/7 Cyclafem 7/7/7 Dasetta 7/7/7 Necon 7/7/7 Nortrel 7/7/7 Pirmella 7/7/7	Generic Seasonique sold as: Amethia Ashlyna Camrese Daysee Levonor/ethi estradio	Today sponge
Generic Tri-Norinyl 28 sold as: Aranelle Leena	Generic Lybrel 90-20mcg sold as: Amethyst 90-20mcg Levo-Eth Est 90-20mcg	
Generic Ortho Tri-Cyclen sold as: Norgestimate/Ethinyl Estradiol Tri-Estaryll Tri-Linyah Tri-Previfem Tri-Sprintec Trinessa	Birth Control Rings (vaginal) Nuva-Ring	
	Birth Control Patches (transdermal) Generic Ortho Evra sold as: Xulane	

Tobacco Cessation Medications

If you need help to quit smoking or using tobacco products, these preventive medications will be available at \$0 cost-share starting on your health plan's next renewal date on or after January 1, 2016.

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.

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

Continued ➔

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
tamoxifen

Frequently Asked Questions

Pharmacy Benefit Preventive Care Medications Coverage

When will no cost Preventive Care Medications be available?
Preventive Care Medications are available now.⁴

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 login to **OptumRx.com** or call the number on your OptumRx 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.⁵ 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 copay 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 each of the 13 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.

Other methods of birth control may be available through your **medical benefit** such as IUDs and implants.

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.

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 will be no cost to you starting on your health plan's next renewal date on or after January 1, 2016. The products must be:

- 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.⁶

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

Frequently Asked Questions continued...

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 at mail service.

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:

- Logging in to **OptumRx.com**, or
- Calling the number on the back of your OptumRx 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.

Are the no cost Preventive Care Medications available at both retail and mail pharmacies?

Preventive Care Medications are available at network retail pharmacies. Most are also available at the OptumRx® Mail Service Pharmacy for plans with a mail order benefit.

The OptumRx Mail Service 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 mail service, 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:

- Logging in to **OptumRx.com**, or
- Calling the number on your OptumRx 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.



2300 Main Street, Irvine, CA 92614

All Optum™ trademarks and logos are owned by Optum, Inc. All other brand or product names are trademarks or registered marks of their respective owners.
M53772 9/15 ©2015 OptumRx, Inc.

ORX6258