

## 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 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 gender-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 myuhc.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 covered 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	Gender	Age	Reason
	Aspirin - 81 mg	Women	Childbearing age	Prevent preeclampsia during pregnancy
	Aspirin - 81 & 325 mg	Both	Men age 45-79 Women age 55-79	Prevent cardiovascular disease
	Folic acid 400 & 800 mcg	Women	Childbearing age	Prevent birth defects
	Iron liquid supplement	Both	Children age 0-1 year	Prevent anemia due to iron deficiency
	Vitamin D - 400 & 1,000 units	Both	Age 65 and over	Fall risk prevention
Rx	Medication/Supplement	Gender	Age	Reason
	Fluoride tablets, solution (not toothpaste, rinses)	Both	Children age 0-5 years	Prevent dental cavities if water source is deficient in fluoride

# Birth Control Products

<b>Birth Control Caps &amp; Diaphragms (cervical)</b>	<b>Generic Demulen 1/50 sold as:</b> Zovia 1/50E	<b>Generic Loestrin 1/20 sold as:</b> Gildess 1/20
Femcap Wide Seal	<b>Generic Alesse &amp; Levlite sold as:</b> Aubra	Junel 1/20 Larin 1/20
<b>Birth Control Pills</b>	Aviane	Microgestin 1/20
<b>Generic Ortho Micronor &amp; Nor-QD sold as:</b> 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	Delyla Falmina Lessina-28 Levonor/Ethi 0.1-0.02 Lutera Orsythia Sronyx	<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
<b>Generic Desogen-28 &amp; Ortho-Cept sold as:</b> Apri Deso/ethinyl estradiol Emoquette Enskyce Reclipsen Solia	<b>Generic Nordette-28 sold as:</b> Altavera Chateal Kurvelo Levonor/ethinyl estradiol Levora-28 Marlissa Portia-28	<b>Generic Loestrin FE 1/20 sold as:</b> 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
<b>Generic Yaz 3-0.02mg sold as:</b> Gianvi Loryna Nikki Vestura	<b>Generic Ovcon-35 sold as:</b> Balziva Briellyn Gildagia Philith Vyfemla Zenchent	<b>Generic Loestrin FE 1.5/30 sold as:</b> Gildess FE 1.5/30 Junel FE 1.5/30 Larin FE 1.5/30 Microgestin FE 1.5/30
<b>Generic Yasmin 28 3-0.03mg sold as:</b> Drospir/Ethi 3-0.03mg Ocella 3-0.03mg Syeda 3-0.03mg Zarah	<b>Generic Brevicon 0.5/35 &amp; Modicon 0.5/35 sold as:</b> Necon 0.5/35 Nortrel 0.5/35 Wera 0.5/35	<b>Generic Norinyl 1+50-28 sold as:</b> Necon 1/50-28
<b>Generic Demulen 1/35 sold as:</b> Kelnor 1/35 Zovia 1/35E	<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	<b>Generic Lo/Ovral-28 sold as:</b> Cryselle-28 Elinest Low-Ogestrel
<b>Generic Generess FE CHW sold as:</b> Layolis FE CHW Noreth/Ethin FE CHW	<b>Generic Loestrin 24 FE sold as:</b> Gildess 24 FE Larin 24 FE Lomedia 24 FE	<b>Generic Ovral sold as:</b> Ogestrel
<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 OptumRx ID card, and ask for mail service.</p>	<b>Generic Mircette 28 Day sold as:</b> Azurette Deso/Ethinyl estradiol Kariva Pimtrea Viorele	<b>Generic Ortho-Cyclen 0.25/35 sold as:</b> Estarylla Mono-Linyah Mononessa Norgestimate & Ethinyl Estradiol 0.25mg-35mcg Previfem Sprintec 28
	<b>Generic Femcon FE chewable sold as:</b> Wymzya FE chewable Zenchent FE chewable	

## Birth Control Products continued...

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

## Breast Cancer Preventive Medications

For women 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 woman 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 woman qualifies, she can receive these drugs at \$0 cost-share for up to five years, minus any time she has been taking them for prevention.

raloxifene
tamoxifen

## 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 login to **myuhc.com**<sup>®</sup> 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 for women 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 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.

**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 woman 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 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 **myuhc.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<sup>®</sup> 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 **myuhc.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 religious nonprofit 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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