

What you should know about

## Step Therapy

There are several drugs available today that treat common diseases. Some of these medications are older, well established drugs that are less expensive than newer medications used to treat the same disease. **More importantly, these drugs are safe and have been proven to work in treating the disease or condition.** Additionally, many of these medications have generics available.

*Step Therapy provides a pathway to make sure your doctor considers all of the medications available to treat your disease or condition, taking into careful consideration medications that are well established, safe and effective.*

The program is designed to get you the prescription drugs you need, **with health, safety, and affordability in mind.** Step Therapy programs help make prescription drugs more cost-effective for participants.

## How does step therapy work?

**Step 1**

- Use generic drugs to treat your disease or condition safely and effectively.
- Co-payments for generic drugs are usually lower than brand drugs.

**Step 2**

- Next, use a brand name drug(s) from the LDI Preferred Drug Formulary.
- Co-payments are higher for preferred brand drugs than generics.

**Step 3**

- Finally, use a non-preferred drug(s) not in the LDI Formulary.
- Co-payments for non-preferred brand drugs have the highest co-payment.

**Note:** *If you have tried the required number of drugs from Step 1 and they have not worked, or your doctor has a medical reason why you cannot use a medication from Step 1, including a drug allergy, a drug from step 2 will be considered for approval.*

### The Most Common Diseases Included in Step Therapy are:

- Heart conditions, such as high blood pressure and high cholesterol
- Pain management
- Diabetes
- Asthma
- Seasonal allergies
- Depression
- Skin conditions
- Stomach conditions, such as ulcers or acid reflux



## What Do I Need to Tell My Doctor and Pharmacist About Step Therapy?

It is important that you tell your doctor and your pharmacist that your pharmacy benefit plan has a Step Therapy program in place.

Take this brochure and the Step Therapy Drug Listing to your doctor so he or she knows what drugs fall under step therapy for your plan. This will help prevent delays when you take your prescription to the pharmacy. If you do not have a listing of drugs included in the Step Therapy Program, contact LDI integrated pharmacy services at **(314) 652-3121** or toll-free **(866) 516-3121**.

## What Should I Do if My Pharmacy Gets a Reject for a Step Therapy Drug?

Show your pharmacist the Step Therapy Medication list from LDI and have them contact your doctor to let him or her know you have to try other drugs before your plan will approve the prescribed medication. Ask your pharmacy to call your doctor. For assistance, you may call LDI integrated pharmacy services at **(314) 652-3121** or toll-free **(866) 516-3121**.

## What if My Doctor Does Not Prescribe Me a Drug from Step 1?

If your doctor has a medical reason for not prescribing a generic drug from Step 1, he or she needs to submit a Letter of Medical Necessity to LDI integrated pharmacy services. This includes any medical reason why a Step 1 generic drug is not appropriate for you, including allergies.

**Letters of Medical Necessity should be faxed by the doctor to LDI at (866) 516-3126.**

Once LDI receives a Letter of Medical Necessity from a doctor, it will be reviewed and a decision will be made based on clinical protocols.

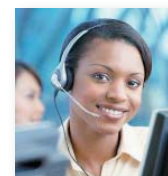
LDI will notify you or your pharmacy of the decision upon review of the Letter of Medical Necessity.

## What if the Medication My Doctor Requested is Not Approved?

If the medication your doctor requested is not approved, you may pay full price for it at the pharmacy. Refer to your Summary Plan Description for your plans formal appeals process.



# Step Therapy Program



680 Craig Road, Suite 200  
Creve Coeur, Missouri 63141  
local 314 / 652-3121  
toll free 866 / 516-3121  
email [service@LDIRx.com](mailto:service@LDIRx.com)

[www.LDIRx.com](http://www.LDIRx.com)

© 2007 LDI integrated pharmacy services  
All Rights Reserved.