

MAINTENANCE MEDICATIONS

Your prescription program allows you to obtain a 90-day supply of maintenance medications at participating retail pharmacies or through your mail service program. Maintenance medications are defined as those medications that are almost exclusively used to treat chronic health conditions such as high blood pressure, diabetes and asthma. Drugs used to treat these conditions are dosed and approved for long-term use and can be taken on a daily basis. Although some people take medication chronically for conditions like ulcers, allergies and arthritis, these medications are not truly considered "maintenance" as some take these medications daily and others take them on an as needed basis. Please note that specialty medications are not considered to be maintenance medications and are available only in a 30-day supply.

The *Maintenance Medication List* is consistent with maintenance lists of other health plans nationwide. The Pharmacy Benefit Manager and Therapeutics (P&T) Committee, made up of pharmacists and physicians, develops this list to best support your prescription program.

The following drug classes are covered through your mail service program:

- Alzheimer's disease medications
- Antidepressant medications
- Anti-inflammatory / arthritis medications
(Does not include non-steroidal anti-inflammatory drugs or cyclooxygenase-2 inhibitors)
- Antipsychotic medications
- Antiviral medications for HIV / AIDS
- Asthma and other respiratory medications
- Benign Prostatic Hyperplasia (BPH) medications
- Birth control medications
- Blood pressure medications
(e.g., beta blockers, calcium channel blockers, diuretics, ACE Inhibitors)
- Blood thinners and other circulation medications
- Cancer medications
- Cholesterol-lowering medications
- Diabetes mellitus medications
- Hormone replacement medications
- Glaucoma medications
- Gout medications
- Heart medications
- Organ transplant medications
- Osteoporosis medications
- Parkinson's disease medications
- Potassium supplements
- Seizure medications
- Thyroid medications
- Urinary antispasmodic medications

Some common drug classes excluded from the mail service program include:

- Antibiotics
- Antihistamines / decongestants
- Controlled substances (e.g., pain medication, ADD / ADHD medication)
- Non-steroidal anti-inflammatory drugs
- Cyclooxygenase-2 (COX-2) inhibitor medications
- Prenatal vitamins
- Ulcer / reflux medications

