

## SMOKING CESSATION STEP THERAPY

This step therapy applies to all HMO and **some** Health Choice groups. All HMO groups will have zero co-pay for these medications once they renew after 10-1-2010. **NOTE:** For the following Health Choices group step therapy **does** apply: MAC.

There are two HMO groups that are grandfathered: Matrix and Clemen, Walter, Conlon, Meyer LLP. (These would still have zero co-pay).

Health Choices – zero co-pay would depend on if they elected to be grandfathered or not. If the group is non-grandfathered zero co-pay would be implemented. The following is a list of Health Choice groups indicating if they elected to be grandfathered or not.

Group	Grandfathered - copay	Non-grandfathered – zero co-pay once renewed
Bodine	Yes	
City of Dubuque	No RX through MAHP	
Dupaco		Yes
Eagle Ridge		Yes
Geise	Renew 7-1-11 PBM is Med One	
MAC		Yes
McKesson	No RX through MAHP	
Mercy		Yes
Midwest Irrigation	Yes	
Mi-T-M	Yes	
NICC	Yes	
Namasco	<b>EXCLUDES SMOKING</b>	<b>CESSATION AND DRUGS</b>
Rite Hite	Yes	
Sisters of Charity	Renew 9-1-11 PBM is Med One	
SWWI	Renew 7-1-11	

The following is the step therapy for smoking cessation medications

	1 <sup>st</sup> line medication	PA REQUIRED
<b>MEDICATIONS</b>	Zyban (Bupropion) Nicotine gum Nicotine Lozenge Nicotine Inhaler Nicotine Nasal Spray Nicotine Patch	Chantix – if ordered and no prescription for Zyban (Bupropion) are found in the look back period, this will stop for PA. Trial consists of 5 day supply with a <b>look back in the last 120 days.</b>
<b>Limits</b>	Zyban (Bupropion) -144 days/365 days, 144 days/365 days. Nicotine gum – 84 days/365 days, duration 84 days/year Nicotine lozenges – 84 days/365 days, duration 84 days/year Nicotine inhaler – 182 days/365 days, duration 182 days/year Nicotine nasal spray – 98 days/365 days, duration 98 days/year Nicotine patch – 70 days/days, duration 70 days/year	All nicotine products will require a PA if request is over the duration limit outlined.

The Chantix starter pack is a 53 tablets/28 day pack. The pack consists of one card with eleven 0.5 mg (white) tablets and three cards with fourteen 1 mg (blue) tablets (for a total of 42 blue tablets in the pack). The first week is a week of titration with the 0.5 mg tablets which is taken by the patient as follows:

-Days 1-3 patient takes one 0.5 (white) pill once daily == Total of 3 pills in 3 days

-Days 4-7 patient takes one 0.5 (white) pill twice daily == Total of 8 pills in 4 days

=> So the first week the patient uses all eleven 0.5 tablets.

-Days 8 on the patient is to take one 1 mg (blue) pill twice daily up to 12 weeks.

So, the pack will provide a 4 week supply of tablets, but only 53 as the first three days of the starter pack are only once daily dosing. After that the patient is to move to the regular bottle of 1 mg tablets which have 56 in them for another 4 week supply (they will do this for 8 weeks total). Therefore, after the first 12 weeks of therapy, the patient will have taken 53+56+56 OR 165 tablets. If they take a second 12 weeks of therapy they will take either take all 1 mg therapy (therefore taking 56+56+56=168 tablets), or they will take the same 165 if they titrate once again.

The package insert states that the patient should only take two 12 week therapies. Therefore, it should either be a full 333 tablets total allowed, or 24 weeks/168 days allowed.