

Questions or concerns?
Please contact:

Blue Cross and Blue Shield
of Vermont
P.O. Box 186
Montpelier, VT 05601-0186
(800) 344-6690
www.bcbsvt.com
click [here](#) for email contact

Other topics of interest:

- www.express-scripts.com
- www.bcbsvt.com/pharmacy

Blue Cross and Blue Shield of Vermont provides administrative services and does not assume any financial risk for claims.

Pharmacy benefits

As a VEHI member, you will get your prescription drugs through BCBSVT's network of pharmacies, here in Vermont and nationwide. Present your Blue Cross and Blue Shield of Vermont ID card at a network pharmacy and the pharmacist will file a claim for you.

Prescription drug prices are a leading cause of increases in health care costs and VEHI's health plan premiums. One way to reduce medication costs substantially is to use generic drugs whenever possible. Generics are less expensive than brand-name medications and are just as medically effective.

Almost all Vermont pharmacies and a large percentage of pharmacies nationwide currently belong to this network. Most major chains (Rite-Aid, Kinney, CVS, etc.) participate. Call (877) 493-1949 or visit the Find-a-Doctor page of BCBSVT's website for a list of network pharmacies.

VEHI Platinum and Gold Drug Coverage

VEHI is among the first of BCBSVT groups to offer the cost-saving "4-tier" drug program. This drug program applies to the VEHI Platinum plan and the VEHI Gold plan, but not to the CDHP plans. Please note that the 4-tier drug program will continue to cover medicines for diabetes at 100 percent.

VEHI Gold and Silver CDHP Drug Coverage

CDHP members will pay deductibles and co-insurance for most drug coverage to comply with federal guidelines.

To be sure that members get the important wellness drugs they need, VEHI will offer its CDHP members coverage (at no cost) on certain drugs that can prevent illness or keep chronic conditions from becoming more serious. For example, VEHI offers no-cost coverage on prenatal vitamins and many drugs that treat:

- diabetes (medications and testing supplies)
- high blood pressure
- high cholesterol
- asthma
- osteoporosis

The "wellness drug list" changes from time to time.

The most recent copy appears on the Rx Center of the BCBSVT [website](#).

For all plans

To align more closely with benefit products typically on the market, VEHI has eliminated coverage of drugs designed to treat sexual dysfunction and infertility. Please note that services to determine a couple's infertility will still be covered. Also, if you are taking infertility medication prior to January 1, 2018, VEHI will cover the end of your course of treatment under your previous terms of coverage.

If you are prescribed a maintenance drug for the first time, you may only obtain a 30-day supply. If this medication works for you, at your second fill, you may be eligible for up to a 90-day supply. For more details regarding your maintenance prescription drug coverage, please contact BCBSVT's customer service team at the number on the back of your ID card.

Drug list updates

Drug lists change and will be updated periodically to ensure that newer, more effective drugs are added.

Drugs automatically come off the preferred brand-name drug list and are added to the generic lists when alternatives become available. You may reduce your out-of-pocket expenses by asking your provider to authorize a generic solution whenever possible. The use of generics guarantees you the lowest cost.

When a generic is not available, ask your provider if one of the drugs on the preferred brand-name drug list would be appropriate for you. These drugs can often meet patients' needs at a lower cost. A list of preferred brand-name drugs is available at the Rx Center of BCBSVT's [website](#).

Convenient refills and savings with BCBSVT's home delivery program

If you use prescription drugs on an ongoing basis, BCBSVT's home delivery service may be a less expensive, more convenient way for you to buy prescriptions. To begin using home delivery service for your maintenance drug, send BCBSVT's mail order pharmacy your doctor's prescription, an order form (available online or by phone) and any required cost-sharing amounts.

To request refills, you may use an online ordering [system](#) or call the toll-free number, (877) 493-1949. (Narcotics and antibiotics are not available through the home delivery service.)

Over-the-counter drugs

The plan covers certain over-the-counter drugs if you have a prescription from your provider. For example, the plan covers drugs like Claritin for allergies or Prilosec for stomach acid and reflux.

With a prescription, your pharmacist can dispense up to a 30-day supply of the medication and charge you the same amount you would pay for generic drugs.

BCBSVT's review of certain drug classes keeps costs down for you

Prior approval

BCBSVT's prior approval list changes periodically. The most current list can be found on the BCBSVT website or by calling toll-free (877) 493-1949. Prior approval is required for drugs that have been on the market less than 12 months and/or medications without National Drug Code numbers. For example:

- Chemotherapeutics
- Growth hormone replacement therapy
- Hepatitis C medications
- Low molecular weight heparin anticoagulants (for use in excess of 30 days per calendar year)
- Primary pulmonary hypertension therapy
- Biologics and other medications
- Brand-name drugs with generic equivalents

A complete list of drugs that require prior approval is available at the Rx Center of BCBSVT's [website](#).

Quantity limits

If your doctor prescribes a drug in an amount that exceeds certain criteria, such as the manufacturer's recommendations, BCBSVT may ask for documentation. Visit BCBSVT's [website](#) or call toll-free (877) 493-1949 to get a current list of drugs covered by this review or to learn the quantity limit for a particular drug. At present, BCBSVT places quantity limits on the following types of drugs:

- Sleeping agents (such as Ambien®)
- Glucose test strips
- Inhalers (like Advair®)
- Pain medications (like OxyContin®)
- Anti-migraine medications (like Imitrex®)

Step therapy

BCBSVT's step therapy program saves members money by encouraging patients and their doctors to try less expensive drugs in a therapeutic class before using the newest, most expensive ones. Step therapy applies to drugs in categories such as:

- Certain anti-migraine agents (like Zomig®)
- Certain medications for depression (like Prozac Weekly®)
- Non-sedating antihistamines (like Allegra®)
- COX-2 inhibitors (like Celebrex®)
- Medications for stomach acid (like Nexium®)
- Medications for hypertension (like Cozaar®)
- Anti-viral medications
- Sleeping agents (like Lunesta®)
- Statins (cholesterol-lowering drugs)
- Nasal steroids (like Nasacort®AQ)
- Osteoporosis agents (like Boniva®)

Visit BCBSVT's [website](#) or call toll-free (877) 493-1949 to get a current list of drugs covered by this review or to learn the procedures to follow for review of your prescription use.