



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

## For all plans

The VEHI plans follow the Express Scripts® (ESI) National Preferred Formulary (NPF). You can see the medications that are currently on the NPF on our website, [www.bcbsvt.com/pharmacy/NPF](http://www.bcbsvt.com/pharmacy/NPF).

VEHI does not provide coverage for drugs designed to treat sexual dysfunction and infertility. Please note that services to determine a couple's infertility will be covered.

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.

## 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 covers medicines for diabetes at 100 percent.

## VEHI Gold and Silver CDHP Drug Coverage

To be sure that members get the important wellness drugs they need, VEHI offers 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 at [www.bcbsvt.com/wellnessrx](http://www.bcbsvt.com/wellnessrx).

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](http://www.bcbsvt.com)  
click [here](#) for email contact

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



The VEHI plans follow ESI's National Preferred Formulary (NPF). More people use the NPF than any other formulary in the U.S. You can see the medications that are currently on the NPF on our website, [www.bcbsvt.com/pharmacy/NPF](http://www.bcbsvt.com/pharmacy/NPF).

## Drug list updates

The National Preferred Formulary (NPF) can 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.

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, [www.bcbsvt.com/pharmacy/drug-lists](http://www.bcbsvt.com/pharmacy/drug-lists).

## Benefit exceptions for excluded medications

If you are currently using a medication that is excluded from the National Preferred Formulary, your provider may request a benefit exception after you enroll.

## Specialty medications

If you take specialty medications, you must get your specialty medications from the Accredo® Specialty Pharmacy Network. Prior authorization is required. Accredo's health care professionals provide expert guidance and care in specialty prescription medication. See [www.accredo.com/patients](http://www.accredo.com/patients) for more information or call (844) 693-0163 to speak with a patient-care representative.

## Convenient refills and savings with home delivery program

If you use prescription drugs on an ongoing basis, Express Script's (ESI) home delivery service may be a less expensive, more convenient way for you to buy prescriptions. To begin using ESI's home delivery service for your maintenance drug, register at: [www.express-scripts.com/starhomedelivery](http://www.express-scripts.com/starhomedelivery).

## 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 online or by calling ESI (see blue box, below right). 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

### 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. 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®)

### For more information and details on benefit exceptions, prior approval, quantity limits, or step therapy

Go to [www.bcbsvt.com/pharmacy](http://www.bcbsvt.com/pharmacy) or call ESI toll-free (877) 493-1949

