Under the health reform law (Affordable Care Act), pharmacy benefit plans must cover certain Preventive Care Medications at 100% - without charging a co-pay, co-insurance or deductible. These products include:

- U.S. Preventive Services Task Force A & B Recommendation medications
- Food and Drug Administration (FDA)-approved prescription and Over-The-Counter (OTC) birth control (contraceptives) for women

To comply with this law, OptumRx is offering this updated list of no-cost Preventive Care Medications. You can use your OptumRx member ID card to get the products on this list for no cost if they are:

- Prescribed by a health care professional
- Age- and condition-appropriate
- Filled at a network pharmacy

These products are available at no cost to you on both standard and high-deductible or consumer-driven health plans. To find a network pharmacy, login to OptumRx.com, choose “Locate a Pharmacy” and enter your zip code - or call the number on your OptumRx member ID card. If you get these drugs or products from an out-of-network pharmacy, you will have to pay the full cost for them. Male forms of birth control are not currently considered Preventive Care Medications under the Affordable Care Act.

### U.S. Preventive Services Task Force A & B Recommendation Medications and Supplements

A prescription is required to get these medications and supplements at no cost - even though most are available over-the-counter (OTC).

<table>
<thead>
<tr>
<th>OTC</th>
<th>Medication/Supplement</th>
<th>Population</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Aspirin - 81 mg</td>
<td>Women who are at risk for preeclampsia during pregnancy</td>
<td>Prevent preeclampsia during pregnancy</td>
</tr>
<tr>
<td></td>
<td>Aspirin - 81 &amp; 325 mg</td>
<td>Age 50 - 59</td>
<td>Prevent cardiovascular disease and colon cancer</td>
</tr>
<tr>
<td></td>
<td>Folic acid 400 &amp; 800 mcg</td>
<td>Women who are or may become pregnant</td>
<td>Prevent birth defects</td>
</tr>
<tr>
<td></td>
<td>Vitamin D</td>
<td>Age 65 and over</td>
<td>Fall risk prevention</td>
</tr>
</tbody>
</table>
### OTC Medication/Supplement

<table>
<thead>
<tr>
<th>Medication/Supplement</th>
<th>Population</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bisacodyl EC Tab</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magnesium CitrateSol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEG 3350 (generic Miralax)</td>
<td>Recommended age 50 - 75</td>
<td>Bowel preparation for colonoscopy needed for preventive colon cancer screening</td>
</tr>
</tbody>
</table>

*Only the OTC product may be covered at $0 cost-share. The prescription version of this product may be covered with a copay or co-insurance depending on your plan.*

### Rx Medication/Supplement

<table>
<thead>
<tr>
<th>Medication/Supplement</th>
<th>Population</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Generic Colyte 240/22.74 g sold as:</strong> PEG-3350/electrolytes Gavilyte-C</td>
<td>Recommended age 50 - 75</td>
<td>Bowel preparation for colonoscopy needed for preventive colon cancer screening</td>
</tr>
<tr>
<td><strong>Generic Golytely 236/22.7 g sold as:</strong> PEG-3350/electrolytes Gavilyte-G</td>
<td>Recommended age 50 - 75</td>
<td>Bowel preparation for colonoscopy needed for preventive colon cancer screening</td>
</tr>
<tr>
<td><strong>Generic Nulytely sold as:</strong> PEG-3350/NaCl/NaBicarbonate/KCl Gavilyte-N Trilyte</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fluoride chew tablets, drop (not toothpaste, rinses)</td>
<td>Children age 0-5 years</td>
<td>Prevent dental cavities if water source is deficient in fluoride</td>
</tr>
</tbody>
</table>

### Birth Control Products

#### Birth Control Caps & Diaphragms (cervical)

- Caya
- Femcap
- Omniflex
- Wide Seal

#### Birth Control Pills

**Four Phase Birth Control Pills:**
- Natazia

**Generic Alesse & Levlite sold as:**
- Aubra
- Aviane
- Delyla
- Falmina
- Larissia
- Lessina-28
- Levonor/Ethi 0.1-0.02
- Lutera
- Orsythia
- Sronyx
- Vienna

**Generic Beyaz sold as:**
- Drospire/Eth Estr/Lev Rajani

**Generic Brevicon 0.5/35 & Modicon 0.5/35 sold as:**
- Necon 0.5/35
- Nortrel 0.5/35
- Wera 0.5/35

**Generic Cyclessa Pak sold as:**
- Caziant Pak
- Cesia Pak
- Velivet Pak

**Generic Demulen 1/35 sold as:**
- Kelnor 1/35
- Zovia 1/35E

**Generic Demulen 1/50 sold as:**
- Ethynodiol 1-50
- Zovia 1/50E

**Generic Desogen-28 & Ortho-CEPT sold as:**
- Apri
- Cyred
- Deso/ethinyl estradiol
- Emoquette
- Enskyce
- Juleber
- Reclipsen
- Solia

**Generic Estrostep FE sold as:**
- Tilia FE
- Tri-Legest FE

**Generic Femcon FE chewable sold as:**
- Nore/Eth/Fer CHW
- Wymzya FE CHW
- Zenchent FE CHW

**Generic Generess FE CHW sold as:**
- Kaitlib FE CHW
- Layolis FE CHW
- Noreth/Ethin FE CHW

**Generic Loestrin 24 FE sold as:**
- Blisovi 24
- Gildess 24 FE
- Junel 24 FE
- Larin 24 FE
- Lomedia 24 FE
- Microgestin 24 FE

**Generic Loestrin 1/20 sold as:**
- Gildess 1/20
- Junel 1/20
- Larin 1/20
- Microgestin 1/20
- Noreth/Ethin 1/20

**Generic Loestrin 1.5/30 sold as:**
- Gildess 1.5/30
- Junel 1.5/30
- Larin 1.5/30
- Microgestin 1.5/30

**Generic Loestrin FE 1/20 sold as:**
- Blisovi FE 1/20
- Gildess FE 1/20
- Junel FE 1/20
- Larin FE 1/20
- Microgestin FE 1/20
- Noreth/Ethin FE 1/20
- Tarina FE 1/20

You can get a 3-month supply of your medication mailed to you with no cost for standard shipping. Just call the phone number on your OptumRx ID card, and ask for home delivery.
Birth Control Products continued...

**Generic Loestrin FE 1.5/30 sold as:**
- Blisovi FE 1.5/30
- Gildess FE 1.5/30
- Junel FE 1.5/30
- Larin FE 1.5/30
- Microgestin FE 1.5/30

**Generic Lo/Ovral-28 sold as:**
- Cryselle-28
- Elinest
- Low-Ogestrel

**Generic Loseasonique sold as:**
- Amethia Lo
- Camrese Lo
- Levonorgestrel and Ethinyl Estradiol

**Generic Lybrel 90-20mcg sold as:**
- Amethyst 90-20mcg
- Levo-Eth Est 90-20mcg

**Generic Minadrin 24 CHW FE sold as:**
- Mibelas 24 CHW FE
- Noreth/Ethin CHW FE 1/20

**Generic Mircette 28 Day sold as:**
- Azurette
- Bekyree
- Deso/Ethinyl estradiol
- Kariva
- Kimidess
- Pimtrexa
- Viorele

**Generic Nordette-28 sold as:**
- Altavera
- Chateal
- Kurvelo
- Levonor/ethinyl estradiol
- Levora-28
- Marlissa
- Portia-28

**Generic Norinyl 1+50-28 sold as:**
- Necon 1/50-28

**Generic Ortho-Cyclen 0.25/35 sold as:**
- Estarylla
- Femynor
- Mono-Linyah
- Mononessa
- Norgestimate & Ethinyl Estradiol 0.25mg-35mcg
- Pre pivem
- Sprintec 28

**Generic Ortho Micronor & Nor-QD sold as:**
- Camila 0.35mg
- Deblitane
- Errin 0.35mg
- Heather 0.35mg
- Jencycla 0.35mg
- Jolivette 0.35mg
- Lyza 0.35mg
- Nora-Be 0.35mg
- Nor ethindron 0.35mg
- Norlyroc
- Sharobel

**Generic Ortho-Novum 1/35-28 & Norinyl 1/35 sold as:**
- Alyacen 1/35
- Cycloafen 1/35
- Dasetta 1/35
- Necon 1/35
- Nortrel 1/35
- Pirmella 1/35

**Generic Ortho-Novum 10/11 sold as:**
- Necon 10/11-28

**Generic Ortho-Novum 7/7/7-28 sold as:**
- Alyacen 7/7/7
- Cycloafen 7/7/7
- Dasetta 7/7/7
- Necon 7/7/7
- Nortrel 7/7/7
- Pirmella 7/7/7

**Generic Ortho Tri-Cyclen sold as:**
- Norgestimate/Ethinyl Estradiol
- Tri-Estaryll
- Tri-Linyah
- Tri-Previfem
- Tri-Sprintec
- Trinessa

**Generic for Ortho Tri-Cyclen Lo sold as:**
- Norgest/Ethi Estradio
- Tri-Lo-Estaryll
- Tri-Lo-Marzla
- Tri-Lo-Sprintec
- Trinessa Lo

**Generic Ovcon-35 sold as:**
- Balziva
- Briellyn
- Gildagia
- Philithe
- Vyfemla
- Zenchent

**Generic Ovral sold as:**
- Ogestrel

**Generic Quartette sold as:**
- Fayosim
- Rivelsa

**Generic Seasonale sold as:**
- Introvale
- Jolessa
- Levonor/ethinyl estradiol
- Quasense
- Setlakin

**Generic Seasonique sold as:**
- Amethia
- Ashlynna
- Camrese
- Daysee
- Levonor/ethi estradio

**Generic Tri-Norinyl 28 sold as:**
- Aranelle
- Leena

**Generic Triphasil sold as:**
- Enpresse-28
- Levonest
- Levonor/Ethi
- Myzilra
- Trivora-28

**Generic Yasmin 28 3-0.03mg sold as:**
- Drosipr/Ethi 3-0.03mg
- Ocella 3-0.03mcg
- Syeda 3-0.03mg
- Zarah

**Generic Yaz 3-0.02mg sold as:**
- Drosiprenone/ethy est
- Gianvi
- Loryna
- Nikki
- Vestura

**Birth Control Rings (vaginal)**
- Nuva-Ring

**Birth Control Patches (transdermal)**
- Generic Ortho Evra sold as:
  - Xulane

**Birth Control Shots (injection)**
- Depo-SQ Provera 104
  - medroxyprogesterone 150mg
  - IM (generic Depo-Provera contraceptive)

**Emergency Birth Control**
- ella
  - Levonorgestrel 1.5mg, (generic Plan B One-Step)

You can get a 3-month supply of your medication mailed to you with no cost for standard shipping. Just call the phone number on your OptumRx ID card, and ask for home delivery.
Birth Control Products continued...

Over-The-Counter (OTC) Birth Control (must have a prescription and get them from a network pharmacy for OptumRx to cover the costs)
- Contraceptive gels (e.g. Gynol II, Shur-Seal, VCF Vaginal)
- FC Female (female condom)
- Generic emergency birth control (e.g. Aftera, EContra EZ, Opicon, Fallback, Levonorgestr tab 1.5mg, My Way, Next Choice, Option 2, React, Take Action)
- Today sponge

Birth Control IUD’s and Implants.
- Kyleena
- Liletta
- Mirena
- Nexplanon
- Paragard
- Skyla

Some methods of birth control, such as IUDs and Implants, may be available through your medical benefit and not your pharmacy benefit.

Contraceptive films (e.g. VCF Vaginal)

Contraceptive foams (e.g. VCF Vaginal Aer)

Tobacco Cessation Medications

If you need help to quit smoking or using tobacco products, these preventive medications are available at $0 cost-share. To qualify, you need to:
- Be age 18 or older
- Get a prescription for these products from your doctor, even if the products are sold over-the-counter (OTC)
- Fill the prescription at a network pharmacy
- Up to 180 days of treatment are covered at no cost each year.
- Maximum daily dose quantity limits apply.

Over-the-Counter Medications
- • Nicotine Replacement Gum
- • Nicotine Replacement Lozenge
- • Nicotine Replacement Patch

Prescriptions
- • Bupropion sustained-release (generic Zyban) Tablet
- • Chantix Tablet
- • Nicotrol Inhaler
- • Nicotrol Nasal Spray

These three prescription medications are covered after members have tried:
1) One over-the-counter nicotine product and
2) Bupropion sustained-release (generic Zyban) separately

Breast Cancer Preventive Medications

For members who are at increased risk for breast cancer but have not had breast cancer, these preventive medications are available at $0 cost-share. To qualify, a member must:
- Be age 35 or older
- Be at increased risk for the first occurrence of breast cancer – after risk assessment and counseling
- Obtain Prior Authorization
- Most plans cover these medications at normal cost-share for the treatment of breast cancer, to prevent breast cancer recurrence and for other indications. They are available at $0 cost-share to prevent the first occurrence of breast cancer if a Prior Authorization is obtained. If you qualify, you can receive these drugs at $0 cost-share for up to five years, minus any time they have been taking them for prevention.
- raloxifene
- tamoxifen

Statins available at $0 cost-share (effective 12/1/17 or later, depending on specific plan benefits)
- lovastatin (generic Mevacor) - All strengths
  - atorvastatin (generic Lipitor) 10 & 20 mg Prior Authorization required to confirm risk of CVD
  - simvastatin (generic Zocor) 5, 10, 20 & 40 mg Prior Authorization required to confirm risk of CVD

Note: Becomes effective on, or after, Dec. 1, 2017 for most plans.

The U.S. Preventive Service Task Force recommends that adults without a history of cardiovascular disease (CVD) — symptomatic coronary artery disease or stroke — use a low-to-moderate-dose statin for the primary prevention of CVD events in individuals who meet the following criteria:
- Are age 40-75, and
- Have one or more cardiovascular risk factors (high cholesterol, diabetes, hypertension, or smoking), and
- A calculated 10-year risk of a cardiovascular event of 10% or greater.

*These medications are typically covered at the customary cost-share amount for your plan. However, they will be available at $0 cost-share for the primary prevention of CVD if a prior authorization is obtained. If you qualify based on criteria above, you can receive these drugs at $0 cost-share.
What Preventive Care Medications are available at no cost?
A list of Preventive Care Medications can be found on pages 1-4 of this document so you can discuss them with your doctor. You can also login to OptumRx.com or call the number on your OptumRx ID card to confirm the most current list of Preventive Care Medications for your plan.

Please note, in order to obtain coverage at no cost for Preventive Care Medications and products (including over-the-counter) you will need a prescription from your doctor.

Are all birth control products available at no cost to me?
No, only the products on the list applicable to your plan will be no cost under the pharmacy benefit. The health reform law allows plans to use reasonable medical management to decide which birth control products will be provided at no cost.

If you choose a product from this list, your cost at the pharmacy will be $0. If you choose a covered birth control product that is not on the list, a co-pay or co-insurance may be required. And this cost will apply to your deductible if you have one.

What if my doctor prescribes a preparation medication for my preventive colonoscopy that is not on this list?
If your doctor recommends a prescription medication for your preventive colonoscopy that is not on this list, these medications may still be covered with a co-payment or co-insurance.

How can I get preventive medications to help me stop using tobacco for no cost?
If you are age 18 or older and want to quit using tobacco products, talk to your doctor about medications that can help. If your doctor decides this therapy is right for you, they may prescribe a generic Over-the-Counter or prescription medication. The tobacco cessation products on this list are available at no cost to you if they are:
- Prescribed by your doctor
- Filled at a network pharmacy
- Meet use and quantity guidelines

If I’m at risk for breast cancer but have not had it, how can I get preventive drugs for $0 cost-share?
If you are a member age 35 or older, talk to your doctor about your risk of getting breast cancer if you have not had it.

If your doctor decides this treatment is appropriate for you, your doctor may offer to prescribe risk-reducing medications, such as raloxifene or tamoxifen.

You doctor can submit a Prior Authorization request to get these approved for you at $0 cost-share if you meet coverage criteria.

Is my plan required to cover contraceptives?
Some plans may not have coverage for contraceptives if your employer qualifies for a religious exemption. Also, some organizations (Eligible Organizations) can choose not to cover contraceptives for religious reasons; OptumRx may provide or arrange for contraceptive coverage for members of Eligible Organizations as required by the health reform law. In either event, you will still have coverage without cost-share of the U.S. Preventive Services Task Force A & B Recommendation medications listed on the Preventive Care Medications list (such as aspirin and Vitamin D).

If I’m at risk for preeclampsia during pregnancy, how can I get low-dose aspirin for no cost?
Low-dose or baby aspirin (81 mg) is available at no cost to pregnant women at risk for preeclampsia. If you are pregnant and at risk for preeclampsia, talk to your doctor about whether low-dose aspirin can help. If so, your doctor can give you a prescription for low-dose aspirin which can be filled at no cost to you at a network retail pharmacy.

If I need to take preparation medications before a preventive colonoscopy, how can I get these for no cost?
If you are scheduled for a preventive colonoscopy, ask your doctor for a prescription for one of the no cost preparation medications. You can fill this prescription at a network pharmacy at no cost to you.
What if I have a high-deductible or consumer-driven health (CDH) plan?
The same no cost options on the list applicable to your plan will be available to you. If you fill a prescription for covered birth control products that are not on your plan’s no cost drug list, you will need to pay the full cost, until your deductible is reached.

Are the no cost Preventive Care Medications available at both retail and home delivery pharmacies?
Preventive Care Medications are available at network retail pharmacies. Most are also available at the OptumRx® Home Delivery Pharmacy for plans with a home delivery benefit.

The OptumRx Home Delivery Pharmacy can mail a 3-month supply of your medication right to you with no cost for standard shipping. That means you can order four times a year instead of making 12 trips to pick up your medication. To start using home delivery, just call the number on your OptumRx ID card.

What if the health care reform law requirements for Preventive Care Medication coverage change?
If the law requiring plans to provide Preventive Care Medications at no cost changes, information on how your costs may be impacted will be available to you by:
- Logging in to OptumRx.com, or
- Calling the number on your OptumRx ID card.

1. Please note this list is subject to change.
2. Always refer to your benefit plan materials to determine your coverage for medications and cost-share. Some medications may not be covered under your specific benefit. Where differences are noted, the benefit plan documents will govern.
3. All branded medications are trademarks or registered trademarks of their respective owners.
4. The listed age limits are based on U.S. Preventive Services Task Force Recommendations; coverage for additional populations may also apply as required.
5. When informed, an issuer must accommodate any member when one of the zero cost contraceptives may be medically inappropriate as determined by the member’s health care provider and waive the otherwise applicable cost-sharing for a contraceptive not currently covered at zero cost.
6. If your pharmacy benefit plan is grandfathered under the ACA, these drugs may be covered at the normal cost-share.