

United Food and Commercial Workers Union Local 1529 and Employers Health and Welfare Plan and Trust

ADMINISTRATIVE OFFICE

Administrative Consulting Services of Tennessee, Inc.
1680 Bonnie Lane #101
Cordova, TN 38016-1529
Telephone 901/758-3000
1-800-874-8499

BOARD OF TRUSTEES

Leon E. Sheppard
Kathy Miller
Rufus Wilson
Rick Slayton

September 18, 2006

To: All Eligible Participants of UFCW Local 1529 and Employers Health and Welfare Plan and Trust

Subject: Another Important Change to your Prescription Drug Program

RE: Step Therapy

This letter is to notify eligible participants of the UFCW Local 1529 and Employers Health and Welfare Plan and Trust Prescription Drug Program about another important change to your prescription benefit. **These programs are designed to help ensure the safe and effective use of medications.**

Specifically, these changes include NMHCRx Step / Contingent therapy edits applied to certain medications. NMHCRx has developed these guidelines and criteria based on the manufacturers' recommended guidelines and information from the Food and Drug Administration (FDA), with input, review, and approval from the NMHCRx National Pharmacy and Therapeutics Committee. **These changes become effective on any new prescriptions beginning October 1, 2006.**

Listed below are the drugs/drug categories impacted by these changes.

Step / Contingent Therapy Programs

Step / Contingent Therapy is a process that requires **use of a preferred product or specific criteria to be met** before a particular drug can be approved. If a prescription for a medication requiring Step Therapy is presented to the pharmacy, your prescription profile is instantly reviewed when the claim is electronically submitted to NMHCRx. Based on the history in your file, the prescription claim may be approved automatically. If the prescription rejects, two options exist. The pharmacist may call the physician to obtain a prescription for the preferred product, or you may pursue approval of the prescription via NMHCRx prior authorization process. Either your physician or pharmacist may start the Prior Authorization process by calling the NMHCRx customer service help desk at **1-800-227-7269**. The table below summarizes which medications are affected by the Step Therapy Programs.

The preferred product must be used before a prescription requiring Step Therapy can be obtained.

Drug Class	Preferred Product	Medication(s) Affected By Step / Contingent Therapy
Anti-inflammatory Medications	Generic non-steroidal anti-inflammatory agents (NSAIDs – i.e. ibuprofen, naproxen)	Celebrex
Antihistamines	Claritin 10mg Over-the-Counter (generic loratadine also available)	Allegra, Clarinex, Zyrtec
Proton Pump Inhibitors (Ulcer Drugs)	Prilosec OTC	AciPhex, Nexium, Omeprazole, Prevacid, Prilosec, Protonix