



## **LEUKOTRIENE MODIFIERS PREAUTHORIZATION PROGRAM**

*Preauthorization programs target higher cost drugs that have lower cost alternatives. Typically, these less expensive drugs provide the same or greater level of safety and effectiveness to treat a particular condition as their more costly counterparts. Your coverage includes a preauthorization program for leukotriene modifiers.*

### **What are leukotriene modifiers?**

Leukotriene modifiers are used for long-term treatment of asthma and to help reduce asthma symptoms. The medications included in this class are Accolate® and Singulair®. Singulair is also used to treat seasonal allergy symptoms. Currently, Singulair is the only leukotriene modifier on the Blue Cross and Blue Shield of Nebraska formulary.

### **Why are leukotriene modifiers targeted in the preauthorization program?**

For the treatment of asthma and seasonal allergies, clinical studies show that orally inhaled or nasal corticosteroids are more effective than leukotriene modifiers alone. Examples of inhaled and nasal corticosteroids include: Azmacort®, Flovent®, Flonase®, Nasacort AQ® and Nasonex®. The preauthorization program encourages the use of orally inhaled or nasal corticosteroids before or along with use of

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leukotriene modifiers. A list of formulary products is available at [www.bchsne.com](http://www.bchsne.com).

### **Who will be automatically approved for benefits under this program?**

- Patients who have a medical claim for asthma or allergic rhinitis AND are currently using an orally inhaled or nasal corticosteroid in addition to a leukotriene modifier
- Patients under age 12 who are taking Accolate
- Patients under age 15 who are taking Singulair

### **If I am currently taking a leukotriene modifier, what should I do? How does this program affect my benefits?**

If you fall into one of the four categories of patients listed in the previous section, you do not have to do anything. Preauthorization is not necessary. Benefits for your continued use of a leukotriene modifier will be approved.

If, however, you are taking a leukotriene modifier and have not filled a prescription for an orally inhaled or nasal corticosteroid within the past 60 days, benefits for the leukotriene modifier will not be available.

Please contact your doctor to discuss your therapy requirements. To receive benefits for a leukotriene modifier, your doctor must submit a preauthorization request form that must be approved by Blue Cross and Blue Shield of Nebraska.

*The ultimate decision regarding your asthma or allergy treatment rests with you and your doctor.*

