Under the health reform law (Affordable Care Act), benefit plans must cover certain Preventive Care Medications at 100% — without charging a copay, coinsurance 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).
- Flu shot and other vaccines

In support of this law, Optum Rx is offering this updated list of no-cost Preventive Care Medications. You can use your Optum Rx 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

To find a network pharmacy, log on to optumrx.com, select “Pharmacy Locator” on the right hand side of the screen and enter your zip code or call the number on your Optum Rx member ID card. If you get these medications or products from an out-of-network pharmacy, you may have to pay the full cost for them.
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>Medication/Supplement</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OTC</strong></td>
<td></td>
</tr>
<tr>
<td>Aspirin - 81 mg</td>
<td>Prevent preeclampsia during pregnancy</td>
</tr>
<tr>
<td>Folic acid 400 &amp; 800 mcg</td>
<td>Prevent birth defects</td>
</tr>
<tr>
<td>Prenatal vitamins with 400 – 800 mcg of folic acid</td>
<td></td>
</tr>
<tr>
<td>Bisacodyl EC Tab</td>
<td>Bowel preparation for colonoscopy needed for preventive colon cancer screening. Limit of two $0-cost fill per year.</td>
</tr>
<tr>
<td>Magnesium Citrate Sol</td>
<td>Bowel preparation for colonoscopy needed for preventive colon cancer screening. Limit of two $0-cost fill per year.</td>
</tr>
<tr>
<td><strong>Prescription</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Generic Colyte sold as:</strong></td>
<td>Bowl preparation for colonoscopy needed for preventive colon cancer screening. Limit of two $0-cost fill per year.</td>
</tr>
<tr>
<td>PEG-3350/electrolytes</td>
<td></td>
</tr>
<tr>
<td>Gavilyte-C</td>
<td></td>
</tr>
<tr>
<td><strong>Generic Golytely sold as:</strong></td>
<td></td>
</tr>
<tr>
<td>PEG-3350/electrolytes</td>
<td></td>
</tr>
<tr>
<td>Gavilyte-G</td>
<td></td>
</tr>
<tr>
<td><strong>Generic Nulytely sold as:</strong></td>
<td></td>
</tr>
<tr>
<td>PEG-3350/NaCl/NaBicarbonate/KCl</td>
<td></td>
</tr>
<tr>
<td>Gavilyte-N</td>
<td></td>
</tr>
<tr>
<td>Trilyte</td>
<td></td>
</tr>
<tr>
<td>Fluoride chew tablets, drop (not toothpaste, rinses)</td>
<td>Prevent dental cavities if water source is deficient in fluoride</td>
</tr>
</tbody>
</table>
Tobacco Cessation Medications

If you need help to quit smoking or using tobacco products, these preventive medications are available at $0 cost share. Up to 180 days of treatment are covered at no cost each year. Maximum daily dose quantity limits apply. 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

### OTC Medications

- Nicotine Replacement Gum
- Nicotine Replacement Lozenge
- Nicotine Replacement Patch

### Prescriptions

- Bupropion Sustained-Release Tablet
- Varenicline Tablet

These prescription medications are covered after members have tried:

1) One OTC nicotine product and 2) bupropion sustained-release separately.

- Nicotrol Inhaler
- Nicotrol Nasal Spray

Human Immunodeficiency Virus Preventive Medications

For members who have a higher chance to become infected with human immunodeficiency virus (HIV) but are not yet infected, these preventive medications are available at $0 cost share. To qualify, a member must:

- Be at increased chance for first-time infection with HIV
- Obtain copay waiver

Most plans cover these medications at normal cost share for the treatment of HIV infection. Your doctor must submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share for primary prevention, if you meet the coverage criteria. If you qualify, you can receive these drugs at $0 cost share.

### HIV Pre-Exposure Prophylaxis Medications (prescriptions)

- tenofovir tab 300mg (generic Viread)
- emtricitabine-tenofovir disoproxil fumarate 200-300mg (generic Truvada)
- Descovy (member must be unable to take generic emtricitabine-tenofovir disoproxil fumarate 200-300mg before Descovy is covered)
Breast Cancer Preventive Medications

For members who have a higher chance 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 chance for the first occurrence of breast cancer – after risk assessment and counseling
• Obtain copay waiver

Most plans cover these medications at normal cost share for the treatment of breast cancer, to prevent breast cancer recurrence and for other indications. Your doctor must submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share for primary prevention, if you meet the coverage criteria. If you qualify, you can receive these drugs at $0 cost share for up to 5 years, minus any time you have been taking them for prevention.

<table>
<thead>
<tr>
<th>Breast Cancer Medications (prescription)</th>
</tr>
</thead>
<tbody>
<tr>
<td>anastrozole</td>
</tr>
<tr>
<td>exemestane</td>
</tr>
<tr>
<td>raloxifene</td>
</tr>
<tr>
<td>tamoxifen</td>
</tr>
</tbody>
</table>

Statin Preventive Medications

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
• Have an estimated 10-year risk of a cardiovascular event of 10% or greater.

<table>
<thead>
<tr>
<th>Statin Medications (prescription)</th>
</tr>
</thead>
<tbody>
<tr>
<td>lovastatin (generic Mevacor) – All strengths (Ages 40-75 years)</td>
</tr>
<tr>
<td>*atorvastatin (generic Lipitor) 10 &amp; 20 mg  Copay waiver review required to confirm risk of CVD</td>
</tr>
<tr>
<td>*simvastatin (generic Zocor) 5, 10, 20 &amp; 40 mg  Copay waiver review required to confirm risk of CVD</td>
</tr>
</tbody>
</table>

*These medications are typically covered at the customary cost share amount for your plan. Your doctor must submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share for primary prevention, if you meet the above coverage criteria.
Women’s Health: Birth Control Products

For members who would like to consider family planning options, these preventive medications are available at $0 cost share. A copay waiver request form can be submitted by a member’s provider to request $0 cost share if the provider determines that a particular contraceptive is medically necessary but not on the contraceptive list.

### Birth Control Caps & Diaphragms (Cervical)
- Caya
- Femcap
- Omniflex
- Wide-Seal

### Combination Birth Control Pills

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

#### Generic Alesse & Levilite sold as:
- Afirmele
- Afermelle
- Aubra
- Aubra EQ
- Aviane
- Delyla
- Falmina
- Larissia
- Lessina
- Levonor/Ethi
- Lutera
- Orsytia
- Sronyx
- Tyblume CHW
- Vienva

#### Generic Beyaz sold as:
- Drospire/Eth Estr/Lev

#### Generic Breviccon 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:
- Ethy Eth Est 1/35
- Kelnor 1/35
- Zovia 1/35

#### Generic Demulen 1/50 sold as:
- Ethynodiol 1/50
- Kelnor 1/50

#### Generic Desogen-28 & Ortho-Kept sold as:
- April
- Cyred
- Cyred EQ
- Deso/Ethinyl Estradiol
- Enoquette
- Enskyce
- Isibloom
- Juleber
- Kalliga
- Reclipsen
- Solia

#### Generic Estrostep FE sold as:
- Noreth/Ethin FE
- Tilia FE
- Tri-Legest FE

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

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

#### Generic Loestrin 24 FE sold as:
- Aurovela 24 FE
- Blisovi 24 FE
- Hailey 24 FE
- Junel 24 FE
- Larin 24 FE
- Microgestin 24 FE
- Tarina 24 FE

#### Generic Loestrin 1/20 sold as:
- Aurovela 1/20
- Junel 1/20
- Larin 1/20
- Microgestin 1/20
- Noreth/Ethin 1/20

#### Generic Loestrin 1.5/30 sold as:
- Aurovela 1.5/30
- Hailey 1.5/30
- Junel 1.5/30
- Larin 1.5/30
- Microgestin 1.5/30
- Noreth/Ethin 1.5/30

#### Generic Loestrin FE 1/20 sold as:
- Aurovela FE 1/20
- Blisovi FE 1/20
- Hailey FE 1/20
- Junel FE 1/20
- Larin FE 1/20
- Microgestin FE 1/20
- Noreth/Ethin FE 1/20
- Tarina FE 1/20
- Tarina FE 1/20 EQ

#### Generic Loestrin FE 1.5/30 sold as:
- Aurovela FE 1.5/30
- Blisovi FE 1.5/30
- Hailey FE 1.5/30
- Junel FE 1.5/30
- Larin FE 1.5/30
- Microgestin FE 1.5/30
- Noreth/Ethin FE 1.5/30

#### Generic Loestrin FE 28 Day sold as:
- Aurovela 28 FE
- Blisovi 28 FE
- Hailey 28 FE
- Junel 28 FE
- Larin 28 FE
- Microgestin 28 FE
- Noreth/Ethin 28 FE
- Tarina 28 FE

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

#### Generic Minastrin 24 CHW FE sold as:
- Charlotte 24 CHW FE
- Finzala CHW FE
- Noreth/Ethin CHW FE

#### Generic Mircette 28 Day sold as:
- Azurette
- Deso/Ethinyl Estradiol
- Kariva
- Pmotre
- Similiea
- Viorele
- Volnea

#### Generic Nordette-28 sold as:
- Altaver
- Ayuna
- Chateau
- Chateal Eq
- Kurvelo
- Levonor/Ethi Estradiol
- Levora-28
- Marliss
- Portia-28

#### Generic Ortho-Cyclen sold as:
- Estarylla
- Femynor
- Mili
- Mono-Linyah
- Norgest/Ethi
- Nymyo
- Sprintec 28
- Vylibra

---
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 Optum Rx member ID card, and ask for home delivery.
### Generic Ortho-Novum 1/35 & Norinyl 1/35
- sold as: Alyacen 1/35, Dasetta 1/35, Necon 1/35, Nortrel 1/35, Nylia 1/35, Pirmella 1/35

### Generic Ortho-Novum 7/7/7
- sold as: Alyacen 7/7/7, Dasetta 7/7/7, Nortrel 7/7/7, Nylia 7/7/7, Pirmella 7/7/7

### Generic Ortho Tri-Cyclen sold as:
- Norgest/Ethi Estradiol
- Tri-Estaryll
- Tri Femynor
- Tri-Linyah
- Tri-Mili
- Tri-Nymyo
- Tri-Sprintec
- Tri-Vylbra
- Trinessa

### Generic For Ortho Tri-Cyclen Lo sold as:
- Norgest/Ethi Estradiol
- Tri-Lo-Estaryll
- Tri-Lo-Marzia
- Tri-Lo Mili
- Tri-Lo-Sprintec
- Tri-Vylibra Lo

### Generic Ovcon-35
- sold as: Balziva, Briellyn, Philith, Vyfemla

### Generic Quartette sold as:
- Fayosim
- Levonor/Ethi Estradiol
- Rivelsa

### Generic Safyral
- sold as: Dros/Eth Est Levomefo Tydemy

### Generic Seasonale
- sold as: Iclevia
- Intravale
- Jolessa
- Levonor/Ethi Estradiol Setlakin

### Generic Seasonique
- sold as: Amethia
- Ashlyna
- Camresee
- Daysee
- Jaimiess
- Levonor/Ethi Estradiol Simpessse

### Generic Taytulla
- sold as: Gemmily
- Merzea
- Nor/Eth/Fer
- Taysofy

### Generic Tri-Norinyl
- sold as: Aranelle
- Leena

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

### Generic Yaz 28
- sold as: Drospire/Ethi
- Ocella
- Syeda
- Zunamidimine

### Generic Yaz
- sold as: Drospire/Ethi
- Drospirenone/Eth Est
- Jasmiel
- Lo-Zunamidimine
- Loryna
- Nikki
- Vestura

### Progestin Only Birth Control Pills
- Generic Ortho Micronor & Nor-QD
- sold as:
  - Camila
  - Deblitane
  - Errin
  - Heather
  - Incassia
  - Jencycla
  - Lyleq
  - Lyza
  - Nova-BE
  - Norethindrone
  - Norlyda
  - Norlyroc
  - Sharobel

### Birth Control Rings (Vaginal)
- Generic NuvaRing
- sold as:
  - EluRyng
  - Etonogestrel/Ethyl Estradiol
  - Annovera

### Birth Control Patches (Transdermal)
- Generic Ortho Evra
- sold as:
  - Xulane
  - Zafemy

### Birth Control Shots (Injection)
- Generic Depo-Provera
- sold as:
  - Medroxyprogesterone 150 mg/ml IM

### Emergency Birth Control

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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 Optum Rx member ID card, and ask for home delivery.
Flu shot and other vaccines

Plans must provide coverage without cost sharing for immunizations that are recommended for routine use by the Advisory Committee on Immunization Practices (ACIP), a federal committee comprised of immunization experts that is convened by the Centers for Disease Control and Prevention. Vaccines may be covered by your medical benefit and not your pharmacy benefit.

Many vaccines can be obtained on a walk-in basis by presenting the Optum Rx ID card at the time of service. Members should review their benefit plan to determine coverage for vaccines.

Routine vaccines

Age restrictions or limitations may apply. Check with your network pharmacy for specific age, flu shot and vaccine requirements.

<table>
<thead>
<tr>
<th>Flu Shots</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flu (Influenza)</strong></td>
</tr>
<tr>
<td>Afluria Quad</td>
</tr>
<tr>
<td>Fluad Quad</td>
</tr>
<tr>
<td>Fluarix Quad</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19</strong> — Age edits per ACIP recommendations apply.</td>
</tr>
<tr>
<td><strong>Dengue</strong></td>
</tr>
<tr>
<td>Dengvaxia (copay waiver required to determine eligibility)</td>
</tr>
<tr>
<td><strong>Hepatitis A</strong></td>
</tr>
<tr>
<td>Havrix, Vaqta</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
</tr>
<tr>
<td>Engerix-B, Heplisav-B, Recombivax-HB, PreHevbrio</td>
</tr>
<tr>
<td><strong>Human Papilloma Virus (HPV)</strong> — Vaccine prevents HPV related cancers</td>
</tr>
<tr>
<td>(ages 9 - 26 years)</td>
</tr>
<tr>
<td>Gardasil 9</td>
</tr>
<tr>
<td><strong>Measles, Mumps, Rubella</strong></td>
</tr>
<tr>
<td>M-M-R II</td>
</tr>
<tr>
<td><strong>Meningococcal</strong> — Vaccine prevents meningitis Groups A, C, Y and W-135</td>
</tr>
<tr>
<td>Menactra, Menquadrif, Menevo</td>
</tr>
<tr>
<td><strong>Meningococcal</strong> — Vaccine prevents meningitis Group B</td>
</tr>
<tr>
<td>Bexsero, Trumenba</td>
</tr>
<tr>
<td><strong>Pneumococcal</strong> — Vaccine prevents pneumonia</td>
</tr>
<tr>
<td>Prevnar 13, Pneumovax 23, Vaxneuvance, Prevnar 20</td>
</tr>
<tr>
<td><strong>Tdap</strong> — Vaccine prevents tetanus, diptheria, pertussis</td>
</tr>
<tr>
<td>Adacel, Boostrix</td>
</tr>
<tr>
<td><strong>Td</strong> — Vaccine prevents tetanus and diptheria</td>
</tr>
<tr>
<td>TDVax, Tenivac</td>
</tr>
<tr>
<td><strong>Varicella</strong> — Vaccine prevents chicken pox</td>
</tr>
<tr>
<td>Varivax</td>
</tr>
<tr>
<td><strong>Zoster</strong> — Vaccine prevents shingles</td>
</tr>
<tr>
<td>Shingrix</td>
</tr>
</tbody>
</table>

Ask your employer or check your plan documents for your plan's specific coverage details.

Not all vaccines on this list are available at all network pharmacies. Contact your local network pharmacy to confirm vaccine availability.
Frequently asked questions

Preventive Care Medications Coverage

What Preventive Care Medications are available at no cost?

Look at the list in this document, log on to optumrx.com, or call the number on your Optum Rx member ID card for a list of medications covered at $0 cost share.

Please note, in order to get coverage at no cost for preventive care medications and products (including over-the-counter) you will need a prescription from your doctor.

What happens if a generic medication becomes available?

Prescription brand products may be replaced by newly launched FDA approved generic equivalents.

What if my doctor says I need a birth control product that is not on this list?

This list includes at least one form of birth control from each category of FDA-approved, -cleared and -granted contraceptives typically available through your pharmacy benefit. If your doctor prescribes birth control not on our list that is medically necessary, Optum Rx will cover that recommended drug or product at no cost to you through our ‘Health Care Reform’ copay waiver review process. Just call the number on your Optum Rx member ID card, and ask how to get coverage.

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

Is my plan required to cover contraceptives?

Some plans may not have coverage for contraceptives if your employer elects a religious or moral exemption. Also, for employers who elect a religious or moral accommodation, Optum Rx may provide or arrange for separate contraceptive coverage for those employers’ members as allowed by the health reform law.

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 retail network pharmacy at no cost to you. Note: There is a limit of two $0-cost fill per year.

What if my doctor prescribes a preparation medication for my preventive colonoscopy that is not on this list?

You can ask your doctor for a prescription for one of the medications on this list that your doctor feels would work for you. For some medical reasons, your doctor may decide you need a medication that is not on this list to prepare for your preventive colonoscopy. If so, you can request the medication you need by calling the number on your member ID card, and asking how to get coverage at no cost.

If you need a prescription medication to prepare for a colonoscopy that is not preventive, these medications may still be covered with a copayment or coinsurance.

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 HIV (Human Immunodeficiency Virus) but have not been infected, how can I get preventive drugs for $0 cost share?

If you are a member not yet infected with HIV, talk to your doctor about your risk of getting HIV. If your doctor decides this treatment is appropriate for you, your doctor may offer to prescribe risk-reducing medications, such as emtricitabine-tenofovir disoproxil fumarate 200-300mg, tenofovir 300mg tablet or Descovy. Your doctor must submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share if you meet the coverage criteria.
Frequently asked questions continued

What if my doctor says I need an HIV PrEP medication that is not on this list?
If your doctor prescribes an HIV PrEP medication not on our list for medical reasons, Optum Rx will cover that recommended drug at no cost to you through our ‘Health Care Reform’ copay waiver review process. Just call the number on your Optum Rx member ID card, and ask how to get coverage.

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. Your doctor must submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share if you meet the coverage criteria.

If I’m at risk for cardiovascular disease, how can I get statin medications at no cost to me?
If you are a member age 40-75, and at risk for cardiovascular disease, your doctor may offer to prescribe statin medications. Select statins are covered at no cost share for people who have certain risk factors for cardiovascular disease. Depending on the medication, your doctor may need to submit a ‘Health Care Reform’ copay waiver review form to request $0 cost share if you meet coverage criteria.

Will this drug list change?
Drug lists can and do change, so it’s always good to check. You can find the most updated information by:
• Logging in to optumrx.com, or
• Calling the number on your Optum Rx member ID card.

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 Optum Rx® Home Delivery Pharmacy for plans with a home delivery benefit. For example, the Optum Rx 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 4 times a year instead of making 12 trips to pick up your medication. To start using home delivery, just call the number on your Optum Rx member 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 change will be available to you by:
• Logging in to optumrx.com, or
• Calling the number on your Optum Rx member 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. If your pharmacy benefit plan is grandfathered under the ACA, these drugs may be covered at the normal cost share.
6. Not all vaccines on this list are available at all participating pharmacies. Members should contact their participating pharmacy of choice to confirm vaccine availability.