

Title:	Benefit Utilization Review	SECTION: 4.04
Program:	Dose Optimization	

DESCRIPTION

The purpose of this document is to provide approval criteria and guidelines for prior authorization of benefits for the Dose Optimization Program. Dose Optimization is a program that targets claims for medications that are intended to be dosed once daily. Dose Optimization identifies claims where multiple capsules or tablets per day are being used and encourages a single daily dose. Claims submitted with the quantity exceeding the set limit without obtaining prior authorization of benefits will reject on the pharmacy claim system.

A list of medications included in the Dose Optimization Program appears on the following page(s). Some Dose Optimization medications are subject to more than one program. When reviewing these requests, please take note of overlapping programs to ensure appropriate and complete overrides are entered.

OVERRIDE(S)

Prior Authorization of Benefits

APPROVAL DURATION

Approval Duration if dose is being titrated with a twice daily (BID) dose: 3 months

Approval Duration for all other approval criteria: Lifetime

APPROVAL CRITERIA

Requests for multiple doses of lower-strength medications may be approved if one of the following criteria is met:

- I. Patient is intolerant to the recommended drug regimen due to adverse side effects OR**
- II. Patient is unable to comprehend the recommended drug regimen OR**
- III. Patient did not achieve desired results with the recommended drug regimen OR**
- IV. Patient can not use the recommended dosage forms. For example: unable to swallow OR**
- V. Patient's dose is not commercially available as a once daily dose (QD) OR**
- VI. Patient's dose is being titrated with a twice daily (BID) dose**

Requests will be approved up to the recommended maximum daily dosing limit that is supported by the FDA for the approved indication, and as approved by the WellPoint National Pharmacy and Therapeutics Committee. Requests for quantities greater than the maximum daily dose will be reviewed for medical necessity.

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Medication	Strength	Daily Dosage	Recommended Max Daily Dose
Angiotensin Receptor Blockers (ARBs):			
Atacand	4mg, 8mg	4-32mg/day	32mg
Avalide	150mg/12.5mg	150-300mg/day	300mg
Avapro	75mg, 150mg	75-300mg/day	300mg
Benicar	5mg, 20mg	20-40mg/day	40mg
Benicar HCT	20mg/12.5mg	20-40mg/day	40mg
Cozaar	25mg	25-100mg/day	100mg
Diovan	40mg, 80mg	80-320mg/day	320mg
Diovan HCT	80mg/12.5mg	80-320mg/day	320mg
Hyzaar	50mg/12.5mg	25-100mg/day	100mg
Micardis	20mg, 40mg	20-80mg/day	80mg
Micardis HCT	40mg/12.5mg	20-80mg/day	80mg
Calcium Channel Blockers (CCBs):			
Adalat CC	30mg	30-120mg/day	180 mg
Cardene	20mg, 30mg	60-120mg/day	120mg
Cardene SR	30mg, 45mg, 60mg	30-60mg/day	120mg
Cardizem CD	120mg, 180mg, 240mg, 360mg	240-360mg/day	480mg
Cardizem LA	120mg, 180mg, 240mg, 300mg, 360mg, 420mg	180-240mg/day, usual dose 240-300mg/day	540mg
Covera-HS	180mg, 240mg	180-540mg/day	540mg
Dilacor XR	120mg	180-540mg/day	540mg
Dynacirc CR	5mg, 10mg	5-20mg/day	20mg
Nimotop	30mg	30-180mg/day	180mg
Norvasc	2.5mg, 5mg, 10mg	2.5-10mg/day	10mg
Plendil	2.5mg, 5mg	2.5-10mg/day	10mg
Procardia XL	30mg	30-120mg/day	180mg
Sular	10mg, 20mg, 30mg, 40mg	20-60mg/day	60mg
Tiazac	120mg, 180mg, 300mg, 360mg, 420mg	120-540mg/day	540mg
Verelan PM	100mg, 200mg, 300mg	200-400mg/day	400mg
Miscellaneous Combination Medications			
Azor	5mg/20mg	5-10mg/20-40mg	10mg/40mg
Exforge	5mg/160mg	5-10mg/160-320mg	10mg/320mg
Tekturna	150mg	150mg	300mg
Tekturna HCT	150mg/12.5mg, 150mg/25mg	150mg-300mg/mg - 12.5mg-25mg	300mg/25mg

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Medication	Strength	Daily Dosage	Recommended Max Daily Dose
Selective Serotonin Receptor Inhibitors (SSRIs):			
Celexa	10mg, 20mg, 40mg, 10mg/5ml	20-40mg/day	40mg
Fluvoxamine	25mg, 50mg, 100mg	25-300mg/day	300mg
Lexapro	5mg, 10mg, 20mg, 5mg/5ml	10-20mg/day	20mg
Paxil	10mg, 20mg, 30mg, 40mg, 10mg/5mL	15-80mg/day	80mg
Paxil CR	12.5mg, 25mg, 37.5mg	25-62.5mg/day	75mg
Pexeva	10mg, 20mg, 30mg, 40mg	10-80mg/day	80mg
Prozac	10mg, 20mg, 40mg, 20mg/5mL	15mg-80mg/day	80mg
Sarafem	10mg, 20mg	10mg-80mg/day	80mg
Zoloft	25mg, 50mg, 100mg, 20mg/ml	50-200mg/day	200mg
Depression: Other Agents			
Effexor XR	37.5mg, 75mg	225mg/day	225mg
Cymbalta	30mg	40-60mg/day	60mg
Pristiq	50mg	50-400mg/day	50mg
Venlafaxine ER	37.5mg, 75mg	225mg/day	225mg
Wellbutrin XL	150mg, 300mg	150-300mg/day	450mg
HMG CoA Reductase Inhibitors:			
Advicor	500-20mg	500-20mg/day	2000-40mg/ day
Altoprev	10mg, 20mg, 40mg	10-80mg/day	80 mg/day
Caduet	2.5-10mg, 2.5-20mg, 2.5-40mg, 5-10mg, 5-20mg, 5-40mg	2.5-10mg, 2.5-20mg, 2.5-40mg, 5-10mg, 5-20mg, 5-40mg/day	10-80mg/day
Crestor	5mg, 10mg, 20mg	5-40mg/ day	40mg/day
Lescol	20mg, 40mg	20-80mg/day	80mg/day
Lipitor	10mg, 20mg, 40mg	10-80mg/day	80mg/day
Mevacor	20mg	10-80mg/day	80mg/day
Pravachol	10mg, 20mg, 40mg	Adult: 40mg-80mg/day Age 8-13y.o.: 20mg/day Age 14-18y.o.: 40mg/day	80mg/day 20mg/day 40mg/day
Zocor	5mg, 10mg, 20mg, 40mg	5-80mg / day	80mg/ day