

**CENTRAL PENNSYLVANIA TEAMSTERS
HEALTH AND WELFARE FUND**

**SUMMARY OF MATERIAL MODIFICATIONS
STEP THERAPY PROGRAM
EFFECTIVE JANUARY 1, 2009**

Effective January 1, 2009, the Health and Welfare Fund's Prescription Drug Plan will implement a new program which affects coverage for **new** prescriptions of proton pump inhibitors (PPIs). The new program is called Step Therapy. New prescriptions are considered to be for participants who did not receive a prescription for a PPI during 2008.

What Are Proton Pump Inhibitors?

Proton pump inhibitors (PPIs) reduce the amount of acid produced by the stomach, which in turn reduces irritation of the stomach lining. Widely-prescribed PPIs include Prilosec, Nexium, Protonix, Aciphex and Prevacid. Currently, only Prilosec offers an over-the-counter (OTC) brand and generic version (omeprazole).

How Does the Step Therapy Program Work?

If your doctor recommends a new prescription for a PPI on or after January 1, 2009, be sure to request a prescription for Over-the-Counter Prilosec or its generic equivalent as a first step. Take the prescription to your participating pharmacy. Your pharmacist will provide you with a one-month supply. Your co-pay amount will depend upon your prescription benefit coverage (Plan 13, Plan 14 (Option A, B or C) or Plan 16 (Option A, B or C)). Please refer to the Prescription Drug Benefit description located elsewhere in this newsletter.

If the Prilosec OTC Prescription drug is effective, your refills for OTC Prilosec or its generic equivalent will be covered under the Prescription Plan. If, however, the Prilosec OTC drug or its generic equivalent is not effective, ask your doctor to write a letter to the Health and Welfare Fund explaining the reasons why the medication was not working properly for you. If this letter shows that there is a medically necessary reason why you should not use the generic or OTC prescription, the patient will be allowed to use other PPI's if prescribed by his or her physician.

What Happens If I Try to Fill a New Prescription for a PPI That Isn't Over-the-Counter On or After January 1, 2009?

If you or your eligible dependents present a new prescription for a non-OTC PPI at the pharmacy on or after January 1, 2009, your prescription will be rejected for payment. You will need to ask your health care provider for a prescription for OTC Prilosec or its generic equivalent.

Can I Utilize the Mail Order Program for PPI Prescriptions?

Yes, once you have determined that the OTC Prilosec or its equivalent is effective, you may utilize the Prescription Drug Mail Order Program.

Why is the Health and Welfare Fund Implementing a Step Therapy Program?

Prescription drug health benefits have become one of the most expensive components of health care costs. The Health and Welfare Fund has implemented the Step Therapy Program in an effort to control its prescription drug costs, **and** provide participants with the best coverage.

For questions or for additional information about the Step Therapy Program, please contact the Health and Welfare Department.