

2021 FORMULARY UPDATE

Doctors HealthCare Plans, Inc. 2021 Formulary can be accessed at the following link:

<https://www.doctorshcp.com/2021druglist/>

2021 Tier Change:

The following change to the 2021 Doctors HealthCare Plan's Formulary may affect you. Please consult with your prescriber to determine if you can be changed to the preferred, less costly alternative prior to the start of the new year. Use of this alternative provides cost savings to the Plan and to you as it helps prevent reaching the Coverage Gap as quickly as with other formulary drugs.

Drug	2020 Tier	<u>New Tier for 2021</u>	<u>Alternative</u>
WIXELA 100-50 INHUB	Tier 1	Tier 4	FLUTICASONE-SALMETEROL 100-50- Tier 3
WIXELA 250-50 INHUB	Tier 1	Tier 4	FLUTICASONE-SALMETEROL 250-50- Tier 3
WIXELA 500-50 INHUB	Tier 1	Tier 4	FLUTICASONE-SALMETEROL 500-50- Tier 3

2021 New Step Therapy Category: Insulins, Non-Preferred:

For 2021, the following, Non-Preferred, Tier 4 Insulins will be subject to Step Therapy and must have a trial of any Preferred, Tier 3 Insulin. Please consult with your prescriber to determine if a trial of a Preferred Insulin is appropriate for you.

2021 Non-Preferred, Tier 4 Insulin	<u>2021 Preferred, Tier 3 Insulin</u>
NOVOLIN 70-30 100 UNIT/ML VIAL, NOVOLIN 70-30 FLEXPEN, NOVOLIN N 100 UNIT/ML FLEXPEN, NOVOLIN N 100 UNIT/ML FLEXPEN, NOVOLIN N 100 UNIT/ML VIAL, NOVOLIN R 100 UNIT/ML FLEXPEN, NOVOLIN R 100 UNIT/ML VIAL	HUMULIN 70-30, INSULIN LISPRO, HUMULIN N, HUMULIN R, INSULIN ASPART, INSULIN ASPART PROT-INSULN ASP, HUMALOG MIX, INSULIN LISPRO MIX, HUMALOG, ADMELOG

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 786-460-3427 o 833-342-7463(TTY: 711).

Preferred Diabetes Supplies

Diabetic supplies such as blood glucose meters, test strips, and lancets are covered under the Part B benefit. Doctors HealthCare Plans prefers the following BRANDS of Diabetes Glucometers and supplies. Please consult with your prescriber to ensure that he/she has prescribed a preferred brand. Preferred Brands have a \$0 copay. All others have a 20% coinsurance. Please note that Continuous Blood Glucose Monitors (e.g. Freestyle Libre) require prior authorization and are subject to a 20% coinsurance if approved.

■ Accucheck (Roche) and One Touch (Lifescan)

CVS Over-the-Counter Benefit

Doctors HealthCare Plans offers a monthly Over-the-Counter(OTC) benefit to its members. The OTC cost does not apply toward your coverage limit or out-of-pocket costs, therefore it helps you not reach the Coverage Gap as quickly as with prescription formulary products.

Monthly Benefit per Plan:

DrMax \$50/ DrPlus \$85 / DrCare \$25 / DrExtra \$25 / DrValue \$25 / DrFirst \$85 / DrChoice \$100

https://www.doctorshcp.com/wp-content/uploads/OTC_Catalogue_2021_ENG_SPA.pdf

Please consider the following alternatives to prescription drugs, when appropriate and recommended by your physician.

Formulary Drug (Rx)	OTC Alternatives
Allergy	Allergy
cetirizine hcl 1mg/ml syrup desloratadine 5mg tablet levocetirizine 5mg tablet	cetirizine 10mg tablet fexofenadine 60 mg tablet
fluticasone propionate 50mcg spray flunisolide 0.025% spray (nasal) mometasone furoate 50mcg spray	fluticasone nasal spray 60 metered sprays
Digestive Health - GI	Digestive Health - GI
esomeprazole mag dr capsule 20mg/40mg lansoprazole dr 15mg capsule omeprazole 20mg tablet	esomeprazole 20 mg magnesium capsule lansoprazole 15 mg capsule omeprazole 20mg tablet
Ear and Eye Care	Ear and Eye Care
Restasis Multidose 0.05% Eye Cequa 0.09% Solution Xiidra 5% Eye Drops	Artificial Tears
Pain Relievers	Pain Relievers
ibuprofen 400mg	ibuprofen 200mg tablet
naproxen 250mg tablet naproxen sodium 275mg tablet	naproxen 220mg tablet
lidocaine 5% ointment	lidocaine 4% cream
lidocaine 5% patch	lidocaine 4% patch
diclofenac sodium 1% gel	Pain reliever gel (Voltaren 1% equivalent)

Vitamins/Minerals	Vitamins/Minerals
vascepa 0.5 g/1g capsule	fish oil omega-3 1000mg
First Aid - Topicals	First Aid - Topicals
hydrocortisone 2.5% cream	hydrocortisone cream 1%
mupirocin 2% cream/2% oint	bacitracin
Foot Care	Foot Care
ketoconazole 2% cream	tolnaftate antifungal cream

Should you have any questions, feel free to reach the **Member Services Department at 786-460-3427 or Toll free: 1-833-342-7463, TYY 711, 7 days a week 8:00 a.m. to 8:00 p.m.**