



# PREVENTATIVE MEDICATIONS

The Affordable Care Act (ACA), commonly known as health care reform, was signed into federal law in 2010. The ACA requires that certain health plans make benefit changes in order to maintain compliance, which includes coverage of recommended preventive services and medications without charging a copayment, coinsurance or deductible.

The following preventive medications are covered 100% and are not subject to deductibles. This list should be used as a guide. Coverage of any of the listed medications (including over-the-counter (OTC) medications) requires a prescription from a licensed health care provider. This is an abbreviated list, and does not contain all covered medications. \*

## ASPIRIN

*To help prevent heart and blood vessel problems (cardiovascular disease) in adults who are at risk. Male ages 45-79. Women ages 50-79. Pregnant women who are at least 12 years old, after 12 weeks of pregnancy and are at high risk for preeclampsia.*

### Generic dosage forms of 81 mg Aspirin examples (OTC)

- Aspirin tablets, chewable tablets, extended release tablets
- St Joseph® Aspirin

### Generic dosage forms of 325 mg Aspirin examples (OTC)

- Aspirin tablets, extended release tablets
- St Joseph® Aspirin

## BREAST CANCER PREVENTION

*Primary Prevention of Breast Cancer in women 35 years of age and older, who are at an increased risk. Drugs require prior authorization*

- Raloxifene HCL tab 60 mg
- Tamoxifen citrate tab 10 mg and 20 mg

## CONTRACEPTION

*Contraceptives approved by the Food and Drug Administration (FDA), and prescribed by a healthcare professional to prevent unintended pregnancies.*

- Birth control pills
- Emergency contraception (Plan B® and ella®)
- Contraceptive patches
- Vaginal rings (NuvaRing®)
- Injection (Depo-Provera®)
- Implants

## COLORECTAL (BOWEL) PREPARATIONS

*Medications used to prepare for a colonoscopy for members ages 50 – 75.*

- Golytely®
- CoLyte®
- MoviPrep®
- Peg-electrolyte solution

\*This list is subject to change at any time.

## FLUORIDE SUPPLEMENTS

*To help prevent cavities in children between 6 months and 6 years old whose water is low in fluoride.*

### **Generic OTC and prescription fluoride (not toothpaste or rinses)**

#### **Oral fluoride up to 0.5 mg (Rx only)**

- Fluoride chewable tablets, tablets, drops, liquid (solution)
- Multiple vitamin with fluoride chewable tablets, tablets, drops, liquid (solution)
- Multiple vitamin with fluoride and iron chewable tablets, tablets, drops, liquid (solution)

## FOLIC ACID SUPPLEMENTS

*To help prevent birth defects in women age 55 or younger who are planning to become pregnant or are able to become pregnant. Generic OTC and prescription products.*

- Folic acid tablets 0.4 mg, 0.8 mg
- Prenatal Vitamins with folic acid 0.4 mg, 0.8 mg

## IRON SUPPLEMENTS

*Children 2 years and younger who are at increased risk for iron deficiency anemia*

### **Generic iron supplements up to 15mg**

- Ferrous sulfate drops, liquid, and suspension
- Multi-Vitamin with iron drops, liquid and suspension

## STATIN PREVENTIVE MEDICATIONS

*Low to moderate dose statins are recommended for adults ages 40 – 75 who have one or more cardiovascular risk factors without a history of cardiovascular disease.*

- Atorvastatin 10 mg and 20 mg tablets (generic for Lipitor®)
- Lovastatin 10 mg, 20 mg and 40 mg tablets (generic for Mevacor®)
- Pravastatin sodium 10 mg, 20 mg and 40 mg tablets (generic for Pravachol®)
- Rosuvastatin calcium 5 mg and 10 mg tablets (generic for Crestor®)
- Simvastatin 5 mg, 10 mg, 20 mg and 40 mg tablets (generic for Zocor®)

## TOBACCO CESSATION PRODUCTS

*To help adults (ages 18 and older) who are not pregnant quit tobacco use in order to prevent health problems. Tobacco use includes smoking or chewing tobacco.*

### **Generic OTC and prescription products**

- **Generic nicotine replacement products** - patch, gum, and lozenges
- **Nicotrol®** (nicotine inhalation system)
- **Nicotrol® NS** (nicotine nasal spray)
- **Generic bupropion** - (generic of brand-name Zyban®)
- **Chantix®** (varenicline tartrate)

## VITAMIN D

*Supplementation to prevent falls in adults age 65 years and older who are at increased risk for falls.*

- Ergocalciferol
- Cholecalciferol

