California Advantage and Essential HMO and PPO Prescription Drug List (PDL).\textsuperscript{1,2,3,4}

PPACA* $0 Cost-share Preventive Medications

\textbf{Effective: May 1, 2020}

*PPACA - Patient Protection and Affordable Care Act
U.S. Preventive Services Task Force A & B Recommendation
Medications and Supplements

The health reform law (Affordable Care Act) makes certain preventive medications and supplements available to you at no cost—both prescription and over-the-counter (OTC). The following preventive medications are covered at 100% with $0 copay when:

- Prescribed by a health care professional
- Age and/or condition appropriate
- Filled at a network pharmacy

<table>
<thead>
<tr>
<th>Medication/Supplement</th>
<th>Population</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Over-the-Counter</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aspirin – 81 mg</td>
<td>Women who are at risk for preeclampsia during pregnancy</td>
<td>Prevent preeclampsia during pregnancy</td>
</tr>
<tr>
<td>Aspirin – 81, 162 &amp; 325 mg</td>
<td>Men age 45-79, Women age 55-79</td>
<td>Prevent cardiovascular disease</td>
</tr>
<tr>
<td>Folic acid 400 &amp; 800 mcg</td>
<td>Women who are or may become pregnant</td>
<td>Prevent birth defects</td>
</tr>
<tr>
<td>Bisacodyl EC</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td>Magnesium Citrate</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td>PEG 3350 (generic Miralax)</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td><strong>Prescription</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic Colyte 240/22.74 g sold as:</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td>PEG-3350/electrolytes</td>
<td></td>
<td></td>
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<tr>
<td>Gavilyte-C</td>
<td></td>
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<tr>
<td>Generic Golytely 236/22.7 g sold as:</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td>PEG-3350/electrolytes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gavilyte-G</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic Nulytely sold as:</td>
<td>Recommended age 50-75</td>
<td>Bowel preparation for colonoscopy needed for colon cancer screening</td>
</tr>
<tr>
<td>PEG-3350/NaCl/NaBicarbonate/KCl</td>
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<td></td>
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<tr>
<td>Gavilyte-N</td>
<td></td>
<td></td>
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<tr>
<td>Trilyte</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fluoride tablets, solution (not toothpaste, rinses)</td>
<td>Children age 0-16 years</td>
<td>Prevent dental cavities if water source is deficient in fluoride</td>
</tr>
</tbody>
</table>
# Birth Control

## Over-the-Counter Birth Control (contraceptives) for Women

### Birth Control Contraceptives

The following forms of birth control (contraceptives) are available over-the-counter (OTC) and will be covered at $0 cost-share when prescribed by a health care professional and filled at a network pharmacy. Male forms of birth control (contraception) are not currently considered preventive care medications under the Affordable Care Act.

- Contraceptive films
- Contraceptive foams
- Contraceptive gels
- Contraceptive sponges
- Emergency birth control (contraceptives) (generic for Plan B, generic for Plan B One-Step)
- Female condoms

### Prescription Hormonal Birth Control (contraceptives)

#### Brand Hormonal Birth Control (contraceptives)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annovera</td>
<td>NuvaRing</td>
</tr>
<tr>
<td>Balcoltra</td>
<td>Slynd</td>
</tr>
<tr>
<td>Depo-Provera 104mg</td>
<td>Taytulla</td>
</tr>
<tr>
<td>Falesa</td>
<td>Yasmin</td>
</tr>
<tr>
<td>Lo Loestrin FE</td>
<td>Yaz</td>
</tr>
<tr>
<td>Natazia</td>
<td></td>
</tr>
</tbody>
</table>

#### Generic Hormonal Birth Control (contraceptives)

<table>
<thead>
<tr>
<th>Generic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afirmelle, Aubra, Aubra EQ, Aviane, Delyla, Falmina, Larissia, Lessina, Levonorgestrel/Ethinyl Estradiol 0.1/0.02 mg, Lutera, Orsynthia, Sronyx, Vierva (generic Alesse)</td>
<td></td>
</tr>
<tr>
<td>Altavera, Ayuna, Chateal, Chatel EQ, Kurvelo, Levonorgestrel/Ethynyl Estradiol 0.15/0.03 mg, Levora-28, Lillow, Marlissa, Portia-28 (generic Nordette)</td>
<td></td>
</tr>
<tr>
<td>Alyacen 1/35, Cyclem 1/35, Dasetta 1/35, Nortrel 1/35, Pirmella 1/35 (generic Ortho-Novum 1/35)</td>
<td></td>
</tr>
<tr>
<td>Alyacen 7/7/7, Cyclem 7/7/7, Dasetta 7/7/7, Nortrel 7/7/7, Pirmella 7/7/7 (generic Ortho-Novum 7/7/7)</td>
<td></td>
</tr>
<tr>
<td>Amethia, Ashlyna, Camrese, Daysee, Jaimiess, Levonorgestrel/Ethynyl Estradiol 0.15/0.03 mg, Simpessse (generic Seasonique)</td>
<td></td>
</tr>
<tr>
<td>Amethia Lo, Camrese Lo, Levonorgestrel/Ethynyl Estradiol 0.1/0.02 mg (84), LoJaimiess (generic LoSeasonique)</td>
<td></td>
</tr>
<tr>
<td>Amethyst, Levonorgestrel/Ethynyl Estradiol 0.09/0.02 mg (generic Lybrel)</td>
<td></td>
</tr>
<tr>
<td>Apri, Cyred, Cyred EQ, Desogestrel/Ethynyl Estradiol 0.15/0.03 mg, Emoquette, Enskye, Isibloom, Juleber, Kalliga, Reclipsen, Solia (generic Desogen, Ortho-Cept)</td>
<td></td>
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<tr>
<td>Aranelle, Leena (generic Tri-Norinyl)</td>
<td></td>
</tr>
<tr>
<td>Aurovela, Halley, Junel, Larin, Microgestin, Norethindrone/Ethynyl Estradiol (generic Loestrin)</td>
<td></td>
</tr>
<tr>
<td>Aurovela 24 FE, Blisovi 24 FE, Halley 24 FE, Junel 24 FE, Larin 24 FE, Norethindrone/Ethynyl Estradiol 24 FE 1/0.02 mg, Tarina 24 FE (generic Loestrin 24 FE)</td>
<td></td>
</tr>
<tr>
<td>Aurovela FE, Blisovi FE, Gildess FE, Junel FE, Larin FE, Microgestin FE, Norethindrone/Ethynyl Estradiol FE, Tarina FE (generic Loestrin FE)</td>
<td></td>
</tr>
<tr>
<td>Azurette, Bekyree, Desogestrel/Ethynyl Estradiol 0.15/0.02 mg, Kariva, Pimtrace, Simliya, Viorele, Voinea (generic Micrette)</td>
<td></td>
</tr>
<tr>
<td>Baiziva, Briellyn, Philith, Vyfemla (generic Ovcon-35)</td>
<td></td>
</tr>
<tr>
<td>Camila, Debilitane, Errin, Heather, Incassia, Jencycla, Jolivette, Lyza, Nora-BE, Norethindrone 35 mcg, Norlyda, Norlyroc, Sharobel, Tulana (generic Micronor, Nor-Q-D)</td>
<td></td>
</tr>
<tr>
<td>Caziant, Cesia, Vellvet (generic Cyclessa)</td>
<td></td>
</tr>
<tr>
<td>Cryselle-28, Elinest, Low-Ogestrel (generic Lo/Ovral)</td>
<td></td>
</tr>
<tr>
<td>Drospirenone/Ethynyl Estradiol/Levomefolate 3-0.02-0.451 mg, Ranjani (generic Beyaz)</td>
<td></td>
</tr>
</tbody>
</table>

**KEY**

- Birth Control Pill (oral contraceptive)
- Birth Control Ring (contraceptive vaginal ring)
- Birth Control Shot (injectable contraceptive)
- Birth Control Patch (contraceptive transdermal patch)
Generic Hormonal Birth Control (contraceptives) continued...

- Drospirenone/Ethinyl Estradiol/Levomefolate 3-0.03-0.451 mg, Tydemy (generic Safyral)
- Enpresse-28, Levonest, Levonorgestrel/Ethinyl Estradiol 6-5-10, Myzila, Trivora-28 (generic Triphasil)
- Estarylla, Femynor, Mili, Mono-Linyah, MonoNessa, Norgestimate/Ethinyl Estradiol 0.25/0.035 mg, Previfem, Sprintec-28, Vylibra (generic Ortho-Cyclen)
- Ethynodiol Diacetate/Ethinyl Estradiol 1/0.035 mg, Kelnor 1/35, Zovia 1/35E (generic Demulen 1/35)
- Ethynodiol Diacetate/Ethinyl Estradiol 1/0.05 mg, Kelnor 1/50 (generic Demulen 1/50)
- Fayosim, Levonorgestrel/Ethinyl Estradiol, Rivelsa (generic Quartette)
- Introvale, Jolessa, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg, Quasense, Setlakin (generic Seasonale)
- Kaitlib FE, Layolis FE Chew, Norethindrone/Ethinyl Estradiol 0.8/0.025 mg (generic Generess FE)
- Medroxyprogesterone Acetate 150 mg (generic Depo-Provera 150 mg)
- Melodetta 24 FE, Mibelas 24 FE, Norethindrone/Ethinyl Estradiol FE 1/0.02 mg Chewable (generic Minastrin 24 FE)
- Necon 0.5/35, Nortrel 0.5/35, Wera 0.5/35 (generic Brevicon, Modicon)
- Necon 1/50 (generic Norinyl 1/50)
- Norethindrone/Ethinyl Estradiol FE 0.4/0.035 mg, Wymzya FE (generic Femcon FE)
- Norgestimate/Ethinyl Estradiol 0.18-0.215-0.25/0.035 mg, Tri-Estarylla, Tri Femynor, Tri-Linyah, Tri-Mili, Tri-Previfem, Tri-Sprintec, Tri-Vylibra (generic Ortho Tri-Cyclen)
- Norgestimate/Ethinyl Estradiol 0.18-0.215-0.25/0.025 mg, Tri-Lo-Estarylla, Tri-Lo-Marzia, Tri-Lo-Mili, Tri-Lo-Sprintec, Tri-Vylibra Lo (generic Ortho Tri-Cyclen Lo)
- Tilla FE, Tri-Legest FE (generic Estrostep FE)
- Xulane (generic Ortho Evra)

Prescription Cervical Caps and Diaphragms for Birth Control (contraceptives)

**Brand Cervical Caps**
- Femcap

**Brand Diaphragms**
- Caya
- Omniflex
- Wide-Seal

Prescription Emergency Birth Control (contraceptives)

**Brand Emergency Birth Control (contraceptives)**
- ella
- Plan B One-Step

**Generic Emergency Birth Control (contraceptives)**
- Aftera, EContra EZ, EContra One Step, Levonorgestrel 1.5 mg, My Choice, My Way, New Day, Opicon One-Step, Option 2, Preventezza, React, Take Action (generic Plan B One-Step)

**Tobacco Cessation Medications**

If you need help to quit smoking or using tobacco products, these preventive medications are available to you at $0 cost-share. 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.

**KEY**
- Birth Control Pill (oral contraceptive)
- Birth Control Ring (contraceptive vaginal ring)
- Birth Control Shot (injectable contraceptive)
- Birth Control Patch (contraceptive transdermal patch)
Over-the-Counter Tobacco Cessation Medications

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

Prescription Tobacco Cessation Medications

- Bupropion sustained-release (generic Zyban) Tablet
- Nicotrol Inhaler
- Nicotrol Nasal Spray
- Chantix Tablet

Breast Cancer Preventive Medications

For members who are at increased risk for breast cancer but have not had breast cancer, these preventive medications are available at $0 cost-share. To qualify, you must:

- Be age 35 or older.
- At increased risk for the first occurrence of breast cancer—after risk assessment and counseling.
- Obtain prior authorization.

These medications are typically covered at the customary cost-share amount for your plan for the treatment of breast cancer, to prevent breast cancer recurrence and for other indications. They are available at $0 cost-share to prevent the first occurrence of breast cancer if a prior authorization is obtained. If you qualify, you can receive these drugs at $0 cost-share for up to five years, minus any time you have been taking them for prevention.

Breast Cancer Medications

- raloxifene⁶ prior authorization required to confirm use is for breast cancer prevention
- tamoxifen⁶ prior authorization required to confirm use is for breast cancer prevention

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 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
- A calculated 10-year risk of a cardiovascular event of 10% or greater.

Statin Medications

- lovastatin (generic Mevacor) – All strengths
- atorvastatin (generic Lipitor) 10 & 20 mg⁷ prior authorization required to confirm risk of CVD
- simvastatin (generic Zocor) 5, 10, 20 & 40 mg⁷ prior authorization required to confirm risk of CVD

Gonococcal Ophthalmia Neonatorum Preventive Medication

The U.S. Preventive Service Task Force recommends prophylactic ocular topical erythromycin ointment administration for all newborns to prevent gonococcal ophthalmia neonatorum. Typically this medication is administered after birth in a hospital setting and covered under the medical benefit. If the birth of a newborn occurs outside of the hospital setting, administration of this medication after birth is still recommended and may be covered under the pharmacy benefit.

This medication is typically covered at the customary cost-share amount for your plan. However, it is available at $0 cost-share for newborn babies 0-1 month of age. For parents trying to get this medication before the birth of the baby, a prior authorization from your health care provider is required to receive this drug at $0 cost-share.

Gonococcal Ophthalmia Neonatorum Medication

- erythromycin ophthalmic ointment 0.5%⁸ prior authorization required if outside of age limit to confirm use is for gonococcal ophthalmia neonatorum prevention
Frequently Asked Questions

Under the health reform law, health plans must cover certain medications as recommended by the U.S. Preventive Services Task Force (USPSTF) A & B Recommendation and the Health Resources & Services Administration (HRSA) women’s health guidelines, including FDA-approved prescription and over-the-counter (OTC) contraceptives for women at 100% without charging a copayment, coinsurance or deductible when:

- Prescribed by a health care professional
- Age and/or condition appropriate
- Filled at a network pharmacy

To comply with these regulations, UnitedHealthcare offers this list of $0 cost-share Preventive Care Medications.

Which preventive care medications are available at $0 cost-share?

Refer to the list in this document, sign in to myuhc.com, or call the number on the back of your health plan ID card for a list of medications covered at $0 cost-share.

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

Your medical benefit will also cover other forms of birth control such as IUDs, implants and surgical sterilization (having your tubes tied).

What if my plan has a religious exemption for covering contraceptives?

Some plans may not have coverage for contraceptives if your plan is a religious employer under California law. However, you will still have coverage at $0 cost-share of the U.S. Preventive Services Task Force A & B Recommendation medications listed on the Preventive Care Medications list, such as aspirin, tobacco cessation and breast cancer preventive medications.

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 $0 cost preparation medications. You can fill this prescription at a retail network pharmacy.

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.

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 individuals who have certain risk factors for cardiovascular disease. Depending on the medication, your doctor may need to submit a prior authorization request to get medications approved for you at no additional cost if you meet coverage criteria. For members who don’t meet this $0 cost-share criteria or don’t request prior authorization, those statins will continue to be covered at the customary cost-share amount for your plan.

How can I get preventive medications to help me stop using tobacco at 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 an over-the-counter or prescription medication.
If I’m at risk for breast cancer, how can I get preventive medications for no cost?

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 these drugs are appropriate for you, your doctor may offer to prescribe risk-reducing medications, such as raloxifene or tamoxifen.

Your doctor can submit a prior authorization request to get these approved for you at $0 cost-share if you meet coverage criteria.

How can I get aspirin to prevent preeclampsia during pregnancy 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, ask your doctor about whether low-dose aspirin can help. If so, your doctor can give you a prescription for low-dose aspirin to be filled at a retail network pharmacy at no additional cost to you.

How can I get medications to prevent gonococcal ophthalmia neonatorum in my newborns eyes?

Erythromycin ophthalmic ointment 0.5% is available at no cost to newborns 0-1 month of age. If you are a parent trying to get this medication before the birth of your baby, a prior authorization from your health care provider is required to receive this drug at $0 cost-share.

Will this drug list change?

Drug lists can and do change, so it’s always good to check. You can find updated information by:

• Signing in to myuhc.com, and going to Pharmacy Information
• Calling the number on your health plan ID card

What if I have a high-deductible or consumer-driven health (CDH) plan?

The same no-cost options on the list applicable to your plan will be available to you if you are in one of these plans. If you fill a prescription for covered products not on your plan’s no-cost drug list, you will need to pay the full cost, until your pharmacy plan deductible is reached.

Are the no-cost Preventive Care Medications available at both retail and mail pharmacies?

Preventive Care Medications are available at both network retail pharmacies and the mail-order pharmacy for plans with a mail-order benefit.

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 additional cost changes, information on how your costs may be impacted will be available to you by:

• Signing in to myuhc.com, and going to Pharmacy Information
• Calling the number on your health plan ID card

What if my doctor prescribes a similar preventive medication that is not on this list?

The health reform law allows plans to use reasonable medical management to decide which product/medications are provided at $0 cost-share. If you choose a no-cost product from the list applicable to your plan, your cost at the pharmacy will be $0. If you choose a covered product/medication that is not on the list, a copay or coinsurance may be required. And this cost will apply to your deductible if you have one.

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. If so, you can request the medication you need by calling the number on your health plan ID card, and asking how to obtain coverage at no additional cost. Medical reasons may include side effects, and whether you can use the medication/product as required.
Questions?

Sign in to myuhc.com and go to Pharmacy Information or call the number on your health plan 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 listed on the PDL may not be covered under your specific benefit. Where differences are noted, the benefit plan documents will govern.
3 All brand-name medications are trademarks or registered trademarks of their respective owners.
4 Generally state insurance laws do not apply to ASO ERISA groups.
5 The listed age limits are based on U.S. Preventive Services Task Force Recommendations; coverage for additional populations may also apply as required.
6 These medications are typically covered at the customary cost-share amount for your plan. However, they are available at $0 cost-share when used for breast cancer prevention if a prior authorization is obtained. If you qualify based on criteria above, you can receive these drugs at $0 cost-share.
7 These medications are typically covered at the customary cost-share amount for your plan. However, they are available at $0 cost-share to prevent cardiovascular disease if a prior authorization is obtained. If you qualify based on criteria above, you can receive these drugs at $0 cost-share.
8 These medications are typically covered at the customary cost-share amount for your plan. However, they are available at $0 cost-share to prevent gonococcal ophthalmia neonatorum if a prior authorization is obtained. If you qualify based on criteria above, you can receive these drugs at $0 cost-share.
9 When informed by a member’s health care provider, UnitedHealthcare will accommodate a coverage exception request for any member when one of the $0 cost medications listed on the Preventive Care Medications list may be medically inappropriate as determined by the health care provider for that member and UnitedHealthcare will waive the otherwise applicable cost-sharing for a medication not represented on the Preventive Care Medications list.