

# Cigna Drug and Biologic Coverage Policy



**Subject Dose Optimization**

Effective Date.....5/1/2019  
Next Review Date.....10/1/2019  
Coverage Policy Number.....1804

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## Related Coverage Resources

[Quantity Limitations - \(1201\)](#)

### INSTRUCTIONS FOR USE

The following Coverage Policy applies to health benefit plans administered by Cigna Companies. Certain Cigna Companies and/or lines of business only provide utilization review services to clients and do not make coverage determinations. References to standard benefit plan language and coverage determinations do not apply to those clients. Coverage Policies are intended to provide guidance in interpreting certain standard benefit plans administered by Cigna Companies. Please note, the terms of a customer's particular benefit plan document [Group Service Agreement, Evidence of Coverage, Certificate of Coverage, Summary Plan Description (SPD) or similar plan document] may differ significantly from the standard benefit plans upon which these Coverage Policies are based. For example, a customer's benefit plan document may contain a specific exclusion related to a topic addressed in a Coverage Policy. In the event of a conflict, a customer's benefit plan document always supersedes the information in the Coverage Policies. In the absence of a controlling federal or state coverage mandate, benefits are ultimately determined by the terms of the applicable benefit plan document. Coverage determinations in each specific instance require consideration of 1) the terms of the applicable benefit plan document in effect on the date of service; 2) any applicable laws/regulations; 3) any relevant collateral source materials including Coverage Policies and; 4) the specific facts of the particular situation. Coverage Policies relate exclusively to the administration of health benefit plans. Coverage Policies are not recommendations for treatment and should never be used as treatment guidelines. In certain markets, delegated vendor guidelines may be used to support medical necessity and other coverage determinations.

## Coverage Policy

Cigna covers multiple doses of lower strength medications (for example, a non-preferred regimen), in accordance with benefit plan specifications, as medically necessary when ALL of the following criteria have been met:

- Dosage, frequency, site of administration, and duration of therapy is not contraindicated or otherwise not recommended in the FDA product information (Label).
- Dosage, frequency, site of administration, and duration of therapy should be reasonable, clinically appropriate, and supported by evidence-based literature and adjusted based upon severity, alternative available treatments, and previous response to therapy as applicable.
- Unable to use (for example: dose titration, unable to swallow larger tablets) or unable to obtain preferred regimen.

### Specific Dose Optimization Requirements:

Non-preferred Regimen		Preferred Regimen	
Allergy/Nasal Sprays			
Desloratadine 2.5mg ODT	2 per day	Desloratadine 5mg ODT	1 per day
Alzheimer's Disease			
Galantamine ER 8mg Capsule	2 per day	Galantamine ER 16mg Capsule	1 per day
Namenda XR 7mg Capsule	2 per day	Namenda XR 14mg Capsule	1 per day
Namenda XR 14mg Capsule	2 per day	Namenda XR 28mg Capsule	1 per day
Razadyne ER 8mg Capsule	2 per day	Razadyne ER 16mg Capsule	1 per day
Anticoagulants			
Savaysa 15mg Tablet	2 per day	Savaysa 30mg Tablet	1 per day

Non-preferred Regimen		Preferred Regimen	
Savaysa 30mg Tablet	2 per day	Savaysa 60mg Tablet	1 per day
Anti-infective Agents			
Minocycline ER 45mg Tablet	2 per day	Minocycline ER 90mg Tablet	1 per day
Anti-Parkinson Agents			
Azilect 0.5mg Tablet	2 per day	Azilect 1mg Tablet	1 per day
Mirapex ER 0.375mg Tablet	2 per day	Mirapex ER 0.75mg Tablet	1 per day
Mirapex ER 1.5mg Tablet	2 per day	Mirapex ER 3mg Tablet	1 per day
Mirapex ER 2.25mgmg Tablet	2 per day	Mirapex ER 4.5mg Tablet	1 per day
Pramipexole ER 0.375mg Tablet	2 per day	Pramipexole ER 0.75mg Tablet	1 per day
Pramipexole ER 1.5mg Tablet	2 per day	Pramipexole ER 3mg Tablet	1 per day
Pramipexole ER 2.25mg Tablet	2 per day	Pramipexole ER 4.5mg Tablet	1 per day
Rasagiline 0.5mg Tablet	2 per day	Rasagiline 1mg Tablet	1 per day
Anxiety/Depression			
Desvenlafaxine ER 50mg Tablet	2 per day	Desvenlafaxine ER 100mg Tablet	1 per day
Fetzema ER 20mg Capsule	2 per day	Fetzema ER 40mg Capsule	1 per day
Fetzema ER 40 mg Capsule	2 per day	Fetzema ER 80mg Capsule	1 per day
Paroxetine CR 12.5mg Tablet	2 per day	Paroxetine CR 25mg Tablet	1 per day
Paroxetine ER 12.5mg Tablet	2 per day	Paroxetine ER 25mg Tablet	1 per day
Paxil CR 12.5mg Tablet	2 per day	Paxil CR 25mg Tablet	1 per day
Pristiq ER 50mg Tablet	2 per day	Pristiq ER 100mg Tablet	1 per day
Trintellix 5mg Tablet	2 per day	Trintellix 10mg Tablet	1 per day
Trintellix 10mg Tablet	2 per day	Trintellix 20mg Tablet	1 per day
Viibryd 10mg Tablet	2 per day	Viibryd 20mg Tablet	1 per day
Viibryd 20mg Tablet	2 per day	Viibryd 40mg Tablet	1 per day
Attention Deficit Hyperactivity Disorder			
Adderall XR 5mg Capsule	2 per day	Adderall XR 10mg Capsule	1 per day
Adderall XR 10mg Capsule	2 per day	Adderall XR 20mg Capsule	1 per day
Adderall XR 15mg Capsule	2 per day	Adderall XR 30mg Capsule	1 per day
Atomoxetine 40mg Capsule	2 per day	Atomoxetine 80mg Capsule	1 per day
Aptensio XR 10mg Capsule	2 per day	Aptensio XR 20mg Capsule	1 per day
Aptensio XR 15mg Capsule	2 per day	Aptensio XR 30mg Capsule	1 per day
Aptensio XR 20mg Capsule	2 per day	Aptensio XR 40mg Capsule	1 per day
Aptensio XR 30mg Capsule	2 per day	Aptensio XR 60mg Capsule	1 per day
Concerta 18mg Tablet	2 per day	Concerta 36mg Tablet	1 per day
Concerta 27mg Tablet	2 per day	Concerta 54mg Tablet	1 per day
Dexmethylphenidate ER 5mg Capsule	2 per day	Dexmethylphenidate ER 10mg Capsule	1 per day
Dexmethylphenidate ER 10mg Capsule	2 per day	Dexmethylphenidate ER 20mg Capsule	1 per day
Dextroamphetamine-Amphetamine ER 5mg Cap	2 per day	Dextroamphetamine-Amphetamine ER 10mg Cap	1 per day
Dextroamphetamine-Amphetamine ER 10mg Cap	2 per day	Dextroamphetamine-Amphetamine ER 20mg Cap	1 per day
Dextroamphetamine-Amphetamine ER 15mg Cap	2 per day	Dextroamphetamine-Amphetamine ER 30mg Cap	1 per day
Focalin XR 5mg Capsule	2 per day	Focalin XR 10mg Capsule	1 per day
Focalin XR 10mg Capsule	2 per day	Focalin XR 20mg Capsule	1 per day
Methylphenidate CD 10mg Capsule	2 per day	Methylphenidate CD 20mg Capsule	1 per day
Methylphenidate CD 20mg Capsule	2 per day	Methylphenidate CD 40mg Capsule	1 per day
Methylphenidate ER 10 mg Capsule	2 per day	Methylphenidate ER 20 mg Capsule	1 per day

Non-preferred Regimen		Preferred Regimen	
Methylphenidate ER 18mg Tablet	2 per day	Methylphenidate ER 36mg Tablet	1 per day
Methylphenidate ER 20 mg Capsule	2 per day	Methylphenidate ER 40 mg Capsule	1 per day
Methylphenidate ER 27mg Tablet	2 per day	Methylphenidate ER 54mg Tablet	1 per day
Methylphenidate LA 20mg Capsule	2 per day	Methylphenidate LA 40mg Capsule	1 per day
Ritalin LA 10mg Capsule	2 per day	Ritalin LA 20mg Capsule	1 per day
Ritalin LA 20mg Capsule	2 per day	Ritalin LA 40mg Capsule	1 per day
Strattera 40mg Capsule	2 per day	Strattera 80mg Capsule	1 per day
Blood Pressure/Heart Medications			
Amlodipine-Atorvastatin 2.5-20mg Tablet	2 per day	Amlodipine-Atorvastatin 5-40mg Tablet	1 per day
Amlodipine-Atorvastatin 2.5-40mg Tablet	2 per day	Amlodipine-Atorvastatin 5-80mg Tablet	1 per day
Amlodipine-Atorvastatin 5-20mg Tablet	2 per day	Amlodipine-Atorvastatin 10-40mg Tablet	1 per day
Amlodipine-Atorvastatin 5-40mg Tablet	2 per day	Amlodipine-Atorvastatin 10-80mg Tablet	1 per day
Azor 5-20mg Tablet	2 per day	Azor 10-40mg Tablet	1 per day
Benicar 20mg Tablet	2 per day	Benicar 40mg Tablet	1 per day
Benicar HCT 20-12.5mg Tablet	2 per day	Benicar HCT 40-25mg Tablet	1 per day
Bystolic 2.5mg Tablet	2 per day	Bystolic 5mg Tablet	1 per day
Bystolic 5mg Tablet	2 per day	Bystolic 10mg Tablet	1 per day
Bystolic 10mg Tablet	2 per day	Bystolic 20mg Tablet	1 per day
Caduet 5-20mg tablet	2 per day	Caduet 10-40mg tablet	1 per day
Caduet 5-40mg tablet	2 per day	Caduet 10-80mg tablet	1 per day
Cardizem LA 120mg Tablet	2 per day	Cardizem LA 240mg Tablet	1 per day
Coreg CR 10mg Capsule	2 per day	Coreg CR 20mg Capsule	1 per day
Coreg CR 20mg Capsule	2 per day	Coreg CR 40mg Capsule	1 per day
Coreg CR 40mg Capsule	2 per day	Coreg CR 80mg Capsule	1 per day
Edarbi 40mg Tablet	2 per day	Edarbi 80mg Tablet	1 per day
Micardis 20mg Tablet	2 per day	Micardis 40mg Tablet	1 per day
Micardis 40mg Tablet	2 per day	Micardis 80mg Tablet	1 per day
Micardis HCT 40-12.5mg Tablet	2 per day	Micardis HCT 80-25mg Tablet	1 per day
Nisoldipine ER 20mg Tablet	2 per day	Nisoldipine ER 40mg Tablet	1 per day
Prestalia 3.5-2.5mg Tablet	2 per day	Prestalia 7-5mg Tablet	1 per day
Prestalia 7-5mg Tablet	2 per day	Prestalia 14-10mg Tablet	1 per day
Tekturna 150mg Tablet	2 per day	Tekturna 300mg Tablet	1 per day
Tekturna HCT 150-12.5mg Tablet	2 per day	Tekturna HCT 300-25mg Tablet	1 per day
Telmisartan 20mg Tablet	2 per day	Telmisartan 40mg Tablet	1 per day
Telmisartan 40mg Tablet	2 per day	Telmisartan 80mg Tablet	1 per day
Telmisartan-Amlodipine 40-5mg Tablet	2 per day	Telmisartan-Amlodipine 80-10mg Tablet	1 per day
Telmisartan-HCTZ 40-12.5mg Tablet	2 per day	Telmisartan-HCTZ 80-25mg Tablet	1 per day
Twynsta 40-5mg Tablet	2 per day	Twynsta 80-10mg Tablet	1 per day
Cholesterol Medications			
Altoprev 20mg Tablet	2 per day	Altoprev 40mg Tablet	1 per day
Crestor 5mg Tablet	2 per day	Crestor 10mg Tablet	1 per day
Crestor 10mg Tablet	2 per day	Crestor 20mg Tablet	1 per day
Crestor 20mg Tablet	2 per day	Crestor 40mg Tablet	1 per day
Livalo 1mg Tablet	2 per day	Livalo 2mg Tablet	1 per day
Livalo 2mg Tablet	2 per day	Livalo 4mg Tablet	1 per day

Non-preferred Regimen		Preferred Regimen	
Rosuvastatin 5mg Tablet	2 per day	Rosuvastatin 10mg Tablet	1 per day
Rosuvastatin 10mg Tablet	2 per day	Rosuvastatin 20mg Tablet	1 per day
Rosuvastatin 20mg Tablet	2 per day	Rosuvastatin 40mg Tablet	1 per day
Diabetes			
Farxiga 5mg Tablet	2 per day	Farxiga 10mg Tablet	1 per day
Januvia 25mg Tablet	2 per day	Januvia 50mg Tablet	1 per day
Januvia 50mg Tablet	2 per day	Januvia 100mg Tablet	1 per day
Onglyza 2.5mg Tablet	2 per day	Onglyza 5mg Tablet	1 per day
Xigduo XR 5-500mg Tablet	2 per day	Xigduo XR 10-1000mg Tablet	1 per day
Hepatitis Agents			
Baraclude 0.5mg Tablet	2 per day	Baraclude 1mg Tablet	1 per day
Entecavir 0.5mg Tablet	2 per day	Entecavir 1mg Tablet	1 per day
Pain Relief and Inflammatory Disease			
Qmiiiz™ ODT 7.5 mg Tablet	2 per day	Qmiiiz™ ODT 15 mg Tablet	1 per day
Uloric 40mg Tablet	2 per day	Uloric 80mg Tablet	1 per day
Vivlodex 5mg Capsule	2 per day	Vivlodex 10mg Capsule	1 per day
Anti-Psychotics			
Abilify 5mg Tablet	2 per day	Abilify 10mg Tablet	1 per day
Aripiprazole 5mg Tablet	2 per day	Aripiprazole 10mg Tablet	1 per day
Invega ER 3mg Tablet	2 per day	Invega ER 6mg Tablet	1 per day
Latuda 40mg Tablet	2 per day	Latuda 80mg Tablet	1 per day
Latuda 60mg Tablet	2 per day	Latuda 120mg Tablet	1 per day
Paliperidone ER 3mg Tablet	2 per day	Paliperidone ER 6mg Tablet	1 per day
Rexulti 0.25mg Tablet	2 per day	Rexulti 0.5mg Tablet	1 per day
Rexulti 0.5mg Tablet	2 per day	Rexulti 1mg Tablet	1 per day
Rexulti 1mg Tablet	2 per day	Rexulti 2mg Tablet	1 per day
Rexulti 2mg Tablet	2 per day	Rexulti 4mg Tablet	1 per day
Vraylar 1.5mg Capsule	2 per day	Vraylar 3mg Capsule	1 per day
Vraylar 3mg Capsule	2 per day	Vraylar 6mg Capsule	1 per day
Seizure Disorders			
Aptiom 200mg Tablet	2 per day	Aptiom 400mg Tablet	1 per day
Aptiom 400mg Tablet	2 per day	Aptiom 800mg Tablet	1 per day
Fycompa 4mg Tablet	2 per day	Fycompa 8mg Tablet	1 per day
Fycompa 6mg Tablet	2 per day	Fycompa 12mg Tablet	1 per day
Trokendi XR 25mg Capsule	2 per day	Trokendi XR 50mg Capsule	1 per day
Trokendi XR 100mg Capsule	2 per day	Trokendi XR 200mg Capsule	1 per day
Sleep Disorder Agents/Sedatives			
Ambien CR 6.25mg Tablet	2 per day	Ambien CR 12.5mg Tablet	1 per day
Edluar 5mg SL Tablet	2 per day	Edluar 10mg SL Tablet	1 per day
Silenor 3mg Tablet	2 per day	Silenor 6mg Tablet	1 per day
Zolpidem ER 6.25mg Tablet	2 per day	Zolpidem ER 12.5mg Tablet	1 per day
Skeletal Muscle Relaxants			
Amrix ER 15mg Capsule	2 per day	Amrix ER 30mg Capsule	1 per day
Urinary Tract Agents			
Darifenacin ER 7.5mg Tablet	2 per day	Darifenacin ER 15mg Tablet	1 per day
Detrol LA 2mg Capsule	2 per day	Detrol LA 4mg Capsule	1 per day
Enablex 7.5mg Tablet	2 per day	Enablex 15mg Tablet	1 per day
Myrbetriq ER 25mg Tablet	2 per day	Myrbetriq ER 50mg Tablet	1 per day
Rapaflo 4mg Capsule	2 per day	Rapaflo 8mg Capsule	1 per day
Tolterodine ER 2mg Capsule	2 per day	Tolterodine ER 4mg Capsule	1 per day
Toviaz ER 4mg Tablet	2 per day	Toviaz ER 8mg Tablet	1 per day
Vesicare 5mg Tablet	2 per day	Vesicare 10mg Tablet	1 per day

**Note: Receipt of sample product does not satisfy any criteria requirements for coverage.**

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## General Background

Our daily dose optimization program offers more cost-effective alternatives to prescribed dosages when deemed appropriate by the Cigna National Pharmacy and Therapeutics Committee (P&T Committee). The P&T committee bases its recommendations on FDA findings and other relevant information to determine which drugs are suitable for once-per-day dosing.

Available as a component of the utilization and unit cost management suite, this program reduces the number of doses per day, when appropriate, to a single, higher strength dose. This promotes compliance with the treatment plan and reduces the overall prescription drug cost. The network pharmacist, prescribing doctor, and member are notified of these opportunities.

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## Coding/Billing Information

**Note:** Dose Optimization is typically covered under pharmacy benefit plans. Certain prescription drugs require an authorization for coverage to ensure that appropriate treatment regimens are followed. Medical drug coding and diagnosis codes, however, are generally not required for pharmacy claims submissions, therefore, this section is not in use.

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## References

1. Individual Drug Name Entries. Drug Facts and Comparisons. Facts & Comparisons® eAnswers [online]. 2012, 2014. Available from Wolters Kluwer Health, Inc. Accessed August, 2017.
2. U.S. Food and Drug Administration. Drugs@FDA. U.S. Department of Health & Human Services: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/>.

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