

Clinical Policy: Pregabalin (Lyrica, Lyrica CR)

Reference Number: CP.PMN.33

Effective Date: 01.01.07

Last Review Date: 05.19

Line of Business: Commercial, HIM, Medicaid

[Revision Log](#)

See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

Description

Pregabalin (Lyrica[®]), a structural derivative of the inhibitory neurotransmitter gamma-aminobutyric acid (GABA), is a calcium channel alpha 2-delta ligand with anti-nociceptive and anti-seizure effects.

FDA Approved Indication(s)

Lyrica is indicated for the treatment of:

- Neuropathic pain associated with diabetic peripheral neuropathy
- Postherpetic neuralgia (PHN)
- Patients 1 month of age and older with partial onset seizures as adjunctive therapy
- Fibromyalgia
- Neuropathic pain associated with spinal cord injury

Lyrica CR is indicated for the treatment of:

- Neuropathic pain associated with diabetic peripheral neuropathy
- Postherpetic neuralgia

Policy/Criteria

Provider must submit documentation (such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.

It is the policy of health plans affiliated with Centene Corporation[®] that Lyrica and Lyrica CR are **medically necessary** when the following criteria are met:

I. Initial Approval Criteria

A. Neuropathic Pain (must meet all):

1. Diagnosis of neuropathic pain associated with diabetic neuropathy, postherpetic neuralgia, or spinal cord injury;
2. Age \geq 18 years;
3. Failure of a 30-day trial of gabapentin at \geq 1,800 mg/day, unless contraindicated or clinically significant adverse effects are experienced;
4. Failure of a 30-day trial of a tricyclic antidepressant (TCA) (e.g., amitriptyline, nortriptyline, imipramine) at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;

5. Failure of a 30-day trial of a formulary serotonin/norepinephrine reuptake inhibitor (SNRI) (e.g., duloxetine, venlafaxine) at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
6. If Lyrica CR is requested, medical justification supports inability to use Lyrica (e.g., contraindications to excipients in Lyrica);
7. Dose does not exceed:
 - a. Diabetic neuropathy: Lyrica – 300 mg per day; Lyrica CR – 330 mg per day;
 - b. Postherpetic neuralgia, neuropathic pain associated with spinal cord injury: Lyrica – 600 mg per day; Lyrica CR – 660 mg per day.

Approval duration:

Medicaid/HIM – 12 months

Commercial – Length of Benefit

B. Partial Onset Seizures (must meet all):

1. Diagnosis of partial onset seizures;
2. Prescribed by or in consultation with a neurologist;
3. Age \geq 1 month;
4. Request is for Lyrica;
5. Failure of gabapentin used as adjunctive therapy to other anticonvulsants, unless contraindicated or clinically significant adverse effects are experienced;
6. Failure of TWO anticonvulsants indicated for partial seizures (e.g., carbamazepine, phenytoin, valproic acid, oxcarbazepine, phenobarbital, lamotrigine, levetiracetam, topiramate, zonisamide, tiagabine, felbamate) unless all are contraindicated or clinically significant adverse effects are experienced;
7. Lyrica will be used as adjunctive therapy to other anticonvulsants;
8. Request meets one of the following (a or b):
 - a. For patients weighing $<$ 30 kg: dose does not exceed 425 mg per day.
 - b. For patients weighing \geq 30 kg: dose does not exceed 600 mg per day.

Approval duration:

Medicaid/HIM – 12 months

Commercial – Length of Benefit

C. Fibromyalgia (must meet all):

1. Diagnosis of fibromyalgia;
2. Age \geq 18 years;
3. Request is for Lyrica;
4. Failure of a 30-day trial of gabapentin at \geq 1,800 mg/day, unless contraindicated or clinically significant adverse effects are experienced;
5. Failure of a 30-day trial of duloxetine at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
6. Failure of a 30-day trial of cyclobenzaprine or a TCA at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
7. Dose does not exceed 450 mg per day.

Approval duration:

Medicaid/HIM – 12 months

Commercial – Length of Benefit

D. Generalized Anxiety Disorder (off-label) (must meet all):

1. Diagnosis of generalized anxiety disorder;
2. Age \geq 18 years;
3. Request is for Lyrica;
4. Failure of TWO of the following alternatives, unless contraindicated or clinically significant adverse effects are experienced: escitalopram, paroxetine, venlafaxine ER, duloxetine, or buspirone;
5. Dose does not exceed 600 mg per day.

Approval duration:

Medicaid/HIM – 12 months

Commercial – Length of Benefit

E. Other diagnoses/indications

1. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.CPA.09 for commercial, HIM.PHAR.21 for health insurance marketplace, and CP.PMN.53 for Medicaid.

II. Continued Therapy

A. All Indications in Section I (must meet all):

1. Member meets one of the following (a or b):
 - a. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
 - b. Documentation supports that member is currently receiving Lyrica for partial onset seizures and has received this medication for at least 30 days;
2. Member is responding positively to therapy;
3. If request is for a dose increase, new dose does not exceed:
 - a. Lyrica:
 - i. Diabetic peripheral neuropathy: 300 mg per day;
 - ii. Postherpetic neuralgia, neuropathic pain associated with spinal cord injury, generalized anxiety disorder: 600 mg per day;
 - iii. For partial-onset seizures:
 - a) For patients weighing $<$ 30 kg: dose does not exceed 425 mg per day.
 - b) For patients weighing \geq 30 kg: dose does not exceed 600 mg per day.
 - iv. Fibromyalgia: 450 mg per day;
 - b. Lyrica CR:
 - i. Diabetic peripheral neuropathy: 330 mg per day;
 - ii. Postherpetic neuralgia, neuropathic pain associated with spinal cord injury: 660 mg per day.

Approval duration:

Medicaid/HIM – 12 months

Commercial – Length of Benefit

B. Other diagnoses/indications (must meet 1 or 2):

1. Currently receiving medication via Centene benefit and documentation supports positive response to therapy.

- Approval duration: Duration of request or 12 months (whichever is less);** or
2. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.CPA.09 for commercial, HIM.PHAR.21 for health insurance marketplace, and CP.PMN.53 for Medicaid.

III. Diagnoses/Indications for which coverage is NOT authorized:

- A. Dental pain;
- B. Essential tremor;
- C. Social phobia;
- D. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off label use policies – CP.CPA.09 for commercial, HIM.PHAR.21 for health insurance marketplace, and CP.PMN.53 for Medicaid or evidence of coverage documents.

IV. Appendices/General Information

Appendix A: Abbreviation/Acronym Key

FDA: Food and Drug Administration

SNRI: serotonin/norepinephrine reuptake inhibitor

TCA: tricyclic antidepressant

*Appendix B: Therapeutic Alternatives**

This table provides a listing of preferred alternative therapy recommended in the approval criteria. The drugs listed here may not be a formulary agent for all relevant lines of business and may require prior authorization.

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
TCAs		
amitriptyline (Elavil®)	<p>Diabetic Peripheral Neuropathy** 25 mg to 100 mg PO QD</p> <p>Postherpetic Neuralgia** 25 mg to 137.5 mg (median: 75 mg) PO QHS</p> <p>Fibromyalgia** 10 mg to 50 mg PO QD</p>	150 mg/day [†]
desipramine (Norpramin®)	<p>Diabetic Peripheral Neuropathy** Initially 25 mg PO QHS, then titrate as tolerated to efficacy (usual range: 75 mg to 150 mg PO QHS)</p> <p>Postherpetic Neuralgia** 10 to 25 mg PO QHS and titrate to pain relief as tolerated (in one study, mean dose was 167 mg/day)</p>	200 mg/day [†]

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
imipramine (Tofranil [®] , Tofranil PM [®])	Diabetic Peripheral Neuropathy** 50 mg to 150 mg PO QHS	150 mg/day
nortriptyline (Pamelor [®])	Diabetic Peripheral Neuropathy** 50 mg to 75 mg PO daily Postherpetic Neuralgia** 75 mg to 150 mg PO daily	150 mg/day
Serotonin/Norepinephrine Reuptake Inhibitors		
duloxetine (Cymbalta [®])	Diabetic Peripheral Neuropathy 60 mg PO QD Fibromyalgia 30 to 60 mg PO QD	60 mg/day
venlafaxine extended- release (Effexor XR [®])	Diabetic Peripheral Neuropathy** 75 mg to 225 mg PO QD Fibromyalgia** 37.5 to 150 mg PO QD	225 mg/day
Miscellaneous		
gabapentin (immediate- release: Neurontin [®] ; extended-release: Horizant [®] , Gralise [®])	Diabetic Peripheral Neuropathy** <i>Immediate-release:</i> 300 mg PO TID titrated based on clinical response Fibromyalgia** 300 mg PO QHS then increased to target dosage of 2400 mg/day Postherpetic Neuralgia <i>Immediate-release:</i> 300 mg PO QD on day 1, 300 mg PO BID on day 2, 300 mg PO TID on day 3, then titrate as needed to 1800 mg/day <i>Extended-release (Gralise):</i> 300 mg PO on day 1, 600 mg on day 2, 900 mg on days 3- 6, 1200 mg on days 7-10, 1500 mg on days 11-14, and 1800 mg on day 15 and thereafter <i>Extended-release (Horizant):</i> 600 mg/day PO for 3 days, 600 mg PO BID on day 4 and thereafter Partial Seizures <i>Immediate-release:</i>	Immediate release: 3600 mg/day [†] Gralise: 1800 mg/day [†] Horizant: 1200 mg/day [†]

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
	<p><u>Adults</u>: initially 300 mg PO TID; effective range 900-1800 mg/day but up to 2400 mg/day has been used long term</p> <p><u>Children 3-12 years</u>: 10-15 mg/kg/day PO in 3 divided doses; effective dose 25-35 mg/kg/day if > 5 years and 40 mg/kg/day if 3-4 years</p>	
cyclobenzaprine (Flexeril [®])	Fibromyalgia** 10 mg to 20 mg PO QHS	20 mg/day
Anticonvulsants		
carbamazepine (Carbatrol [®] , Epitol [®] , Equetro [®] , Tegretol [®] , Tegretol XR [®])	Refer to prescribing information	Refer to prescribing information
felbamate (Felbatol [®])		
lamotrigine (Lamictal [®] , Lamictal CD [®] , Lamictal ODT [®] , Lamictal XR [®])		
levetiracetam (Elepsia XR [®] , Keppra [®] , Keppra XR [®] , Roweepra [®] , Spritam [®])		
oxcarbazepine (Oxtellar XR [®] , Trileptal [®])		
phenobarbital (Luminal [®])		
phenytoin (Dilantin [®] , Phenytek [®])		
tiagabine (Gabitril [®])		
topiramate (Qudexy XR [®] , Topamax [®] , Topamax Sprinkle [®] , Topiragen [®] , Trokendi XR [®])		
valproic acid (divalproex sodium, Depakote Sprinkle [®] , Depakote ER [®] , Depakote [®] , Depakene [®])		
zonisamide (Zonegran [®])		

Therapeutic alternatives are listed as Brand name[®] (generic) when the drug is available by brand name only and generic (Brand name[®]) when the drug is available by both brand and generic.

*Agents not included in this list may not have evidence supporting their use in the indications covered by this policy

**Off-label use

[†]Maximum dose for drug, not necessarily indication

Appendix C: Contraindications/Boxed Warnings

- Contraindication(s): known hypersensitivity to pregabalin or any of its components
- Boxed warning(s): none reported

Appendix D: General Information

- Class IIb recommendation in Micromedex for Generalized Anxiety Disorder is supported by 5 randomized, double blind, placebo controlled studies. It is also considered a second line agent by the Canadian Psychiatric Association.

V. Dosage and Administration

Drug Name	Indication	Dosing Regimen	Maximum Dose
Pregabalin (Lyrica)*	Diabetic peripheral neuropathy	3 divided doses PO per day	300 mg/day
	Postherpetic neuralgia	2 or 3 divided doses PO per day	600 mg/day
	Partial onset seizures	Adults: 2 or 3 divided doses PO per day	Adults: 600 mg/day
		Pediatric patients weighing > 30 kg: 2.5 mg/kg/day in 2 or 3 divided doses	Pediatrics < 30 kg: 14mg/kg/day
		Pediatric patients weighing < 30 kg: 3.5 mg/kg/day <ul style="list-style-type: none"> • 1 month to < 4 years old: 3 divided doses • ≥ 4 years old: 2 or 3 divided doses 	
	Fibromyalgia	2 divided doses PO per day	450 mg/day
	Neuropathic pain associated with spinal cord injury	2 divided doses PO per day	600 mg/day
Generalized anxiety disorder	Initially, 75 mg PO BID. If tolerated after 1 week, the dose may be increased to 150 mg PO BID. Thereafter, the dose may be adjusted according to response and tolerability. Data from clinical trials indicate an effective dose range is 150 to 225 mg PO BID.	600 mg/day	
Pregabalin extended-	Diabetic peripheral neuropathy	165 mg PO QD. Dose may be increased to 330 mg PO QD within 1 week.	330 mg/day

Drug Name	Indication	Dosing Regimen	Maximum Dose
release (Lyrica CR)	Postherpetic neuralgia	165 mg PO QD. Dose may be increased to 330 mg PO QD within 1 week. After 2 to 4 weeks of treatment, dose may be increased to 660 mg PO QD in patients not experiencing adequate pain relief.	660 mg/day

* Lyrica should be administered orally starting at 150 mg/day. It should be titrated up to 300 mg/day within 1 week for all indications except partial onset seizures.

VI. Product Availability

Drug Name	Availability
Pregabalin (Lyrica)	Capsules: 25 mg, 50 mg, 75 mg, 100 mg, 150 mg, 200 mg, 225 mg, and 300 mg Oral solution: 20 mg/mL
Pregabalin extended-release (Lyrica CR)	Tablets: 82.5 mg, 165 mg, 330 mg

VII. References

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Reviews, Revisions, and Approvals	Date	P&T Approval Date
Updated age to be inclusive of 18 rather than greater. Clarified trial and failure for partial onset seizures.	05.15	05.15
Clarified that Lyrica should be used as an adjunctive therapy to other anticonvulsants Added that dose for each indication should be within FDA approved limit for the relevant indication.	08.15	08.15
Specified the maximum dose approvable for each diagnosis, Modified criteria for neuropathic and spinal cord injury pain to require the use of an SNRI and TCA for at least 30 days each; removed trial of opioid and tramadol from acceptable trials as these are second line agents and to avoid promoting opioid use; Modified criteria for diabetic neuropathy by removing the pain score requirement and removing capsaicin, opioid, tramadol and anticonvulsants from the list of acceptable trials to include only highly recommended first line agents. Criteria now requires the concurrent use of a TCA or an SNRI with gabapentin for at least 30 days; Modified criteria for post herpetic neuralgia by removing pain score requirement, requirement that pain must be present for > 3 months following the healing of zoster rash as these are subjective measures. Opioid, tramadol and capsaicin cream were also removed from list of acceptable trials to enforce the use of the most recommended first line agents. Criteria now requires the use of TCA for at least 30 days; Modified criteria for partial onset seizure to allow use in patient ≥ 12 years old as this use is supported by the literature, though not FDA approved; requirement that gabapentin must be used for up to 3 months was modified to only require trial and failure of gabapentin;	10.15	11.15

Reviews, Revisions, and Approvals	Date	P&T Approval Date
<p>Modified criteria for fibromyalgia by removing pain score requirements and the requirement for Savella trial was replaced with duloxetine because duloxetine is generic, can be obtained without a PA and is an SNRI FDA approved for fibromyalgia, similar to Savella; References updated</p>		
<p>Converted to new integrated template. Removed age restrictions for neuropathic pain, postherpetic neuralgia, and fibromyalgia as they are not absolute contraindications per FDA labeling; however, the age restriction for partial onset seizures is maintained since FDA labeling specifically indicates this use of Lyrica is for adults (note that Centene policy allows coverage of members ≥ 12 years as supported by literature). For all indications except partial onset seizures, added 30 day trial duration of gabapentin consistent with other required trial durations. Updated verbiage (including requirement for drug trials to be at maximum indicated doses) and references.</p> <ul style="list-style-type: none"> -Neuropathic pain not associated with diabetic neuropathy: Combined general neuropathic pain with neuropathic pain related to spinal cord injury as approval criteria are the same. -Neuropathic pain associated with diabetic neuropathy: Removed requirement for T/F of concurrent gabapentin and SNRI/TCA as there is limited evidence to support. -Partial onset seizures: Modified T/F requirement to include additional PDL anticonvulsants with demonstrated efficacy in partial seizures per guidelines. Trial duration and maximum indicated dosing is not required as anticonvulsant dosing is individualized based on patient response and patient concomitant therapy. -Fibromyalgia: Added 30 day trial duration of cyclobenzaprine, fluoxetine, or TCA consistent with other required trial durations. 	09.16	11.16
<p>Diagnosis of Fibromyalgia – line #4 – removed fluoxetine as an accepted trial due to lack of sufficient evidence that it works</p>	12.16	02.17
<p>Modified trial/failure verbiage and removed age restriction for partial seizures (Lyrica is not proven unsafe or ineffective in pediatric patients) per updated template Separated continued approval criterion II.A.1 into 2 sub-criteria (II.A.1.a and II.A.1.b) to delineate between continuity of care criteria for partial seizure indication and regular criteria for all other covered indications</p>	03.17	05.17
<p>2Q 2018 annual review: policies combined for commercial, HIM, and Medicaid lines of business; added age requirement; Commercial: diabetic neuropathy and neuropathic pain associated with spinal cord injury: added criteria requiring failure of gabapentin, TCA, and SNRI; Fibromyalgia: added requirements for failure of gabapentin,</p>	01.25.18	05.18

Reviews, Revisions, and Approvals	Date	P&T Approval Date
duloxetine, and cyclobenzaprine or TCA; Postherpetic neuralgia: specified duration and strength of gabapentin trial; added criteria requiring failure of TCA and SNRI ; Seizures: added specialist requirement; added criteria pertaining to failure of gabapentin used as adjunctive therapy, and failure of 2 anticonvulsants indicated for partial seizures; re-auth: added language to allow continuation of therapy for members currently receiving Lyrica for partial onset seizures; HIM: fibromyalgia: removed “with symptoms present for at least 3 month” from the diagnosis since this is a subjective; Medicaid: for all indications: extended initial approval duration from 6 to 12 months; Neuropathic pain (not associated with DPN): modified diagnosis to specify neuropathic pain associated with spinal cord injury; HIM/Medicaid: Combined diabetic neuropathy, neuropathic pain associated with spinal cord injury, and postherpetic neuralgia into one criteria set; fibromyalgia: removed requirement that one of the trials must have occurred within the past 90 days, unless contraindicated or intolerant; added off-label indication: generalized anxiety disorder; added dental pain, essential tremor, and social phobia as indications for which coverage is not authorized; references reviewed and updated.		
Added pediatric extension for the partial onset seizure for those ≥ 4 years, previously approved for those ≥ 12 years.	05.16.18	
Per SDC: added Lyrica CR to neuropathic pain indication with requirement for medical justification why Lyrica cannot be used.	07.16.18	
2Q 2019 annual review: no significant changes; references reviewed and updated.	02.26.19	05.19
RT4: Added pediatric extension for the partial onset seizure for those ≥ 1 month, previously approved for ≥ 4 years; references reviewed and updated.	07.05.19	

Important Reminder

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.

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Note:

For Medicaid members, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

For Health Insurance Marketplace members, when applicable, this policy applies only when the prescribed agent is on your health plan approved formulary. Request for non-formulary drugs must be reviewed using the formulary exception policy; HIM.PA.103.

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