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COMMUNITY HEALTH PLAN

My CHP Connection

A quarterly health publication for Community Health Plan members

Fall 2007

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PREFERRED DRUG LIST | 2008

On January 1, 2008, Community Health Plan will change to a new formulary or Preferred Drug List (PDL) maintained by our Prescription Benefit Manager (PBM) vendor, PharmaCare. The new PDL is an enhancement that will better align CHP with PharmaCare. The result will be lower pharmacy costs due to reduced administrative expenses and improved adherence to drug manufacturer contracts.

If you are currently taking a drug or pharmacy product that will move from preferred to non-preferred status, you will receive a letter from PharmaCare. The letter will explain the formulary

change, outline the product(s) experiencing a status change and provide possible preferred alternatives for that medication. We encourage you to discuss the preferred formulary alternatives with your physician. Remember generics are the most cost-effective option; ask your physician if there is a generic right for your condition.

Please see the New PDL insert. This PDL can be found on our website at www.mychp.com and will be updated quarterly. Please note that on January 1, 2008, PharmaCare will change its name to Caremark.

THE ABCs | of HBP

You probably hear the phrase “high blood pressure” often, which is no surprise considering one in four Americans has it. But how much do you really know about this all-too-common condition? A recent study estimates that Americans older than age 55 now have a whopping 90 percent chance of developing high blood pressure. That fact alone suggests it’s high time for a refresher course.

Blood pressure is the amount of force your blood puts on the walls of your arteries. Systolic pressure refers to this force when the heart contracts. This is the top number in a blood pressure reading. Diastolic pressure, the bottom number, is the pressure between

contractions, when the heart is “at rest.” Your blood pressure normally goes up and down all day, but if it stays up over time, the condition is known as hypertension or high blood pressure (HBP).

We now know that it’s critical to keep both numbers within a healthy range. That’s because HBP contributes to a number of potentially dangerous conditions, including atherosclerosis, stroke, heart disease, congestive heart failure, kidney disease, and blindness. Even people whose blood pressure falls within the “high-normal” range (see chart on Page 5) have double the risk of heart attack, stroke, or heart failure as those whose blood pressure is in the “optimal” range, according to the latest research.

...continued on Page 5

www.mychp.com

HOLIDAY STRESS | keeping the blues at bay

The holidays are fast approaching. This time of the year is considered the season of joy, but many people encounter a seasonal depression dubbed the “holiday blues.” Having feelings of dread, anxiety and stress during this time can be caused from holiday stress. The coming months may bring headaches, sleep problems, alcohol abuse, overeating and other symptoms associated with the holiday blues.

And many more people suffer holiday letdown after January 1. Fatigue, spending too much money, overindulgence with food and drink, and failed expectations can cause post-holiday depression even for those who thought they enjoyed the season's festivities.

There are many ways to cope with holiday stress and depression. The National Mental Health Association offers these helpful tips:

- Keep expectations manageable. Set appropriate goals. Be realistic about what you can and cannot do. Try not to put too much emphasis on just one day

(such as Thanksgiving Day). Spread activities throughout the season to lessen stress and increase enjoyment.

- Allow yourself to feel sad or lonely. Don't expect constant joy. There is room in your holidays for periods of down feelings.
- Do something for someone else. Try volunteering to help others. It helps you remember the true spirit of the season.
- Find and enjoy free activities. Keep spending down by driving around to look at holiday decorations, going window-shopping, or making a snowman with children.
- Watch your drinking. Alcohol increases feelings of depression.
- Save time for yourself! Let others share cooking, cleaning and hosting responsibilities. Go do something you enjoy - even if it's just taking a nap.

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NO TIME | to exercise?

"I wish I could find the time to exercise." How often have you said that? Your days are often packed from sun-up to bedtime. How can you fit the recommended 30 minutes of daily exercise into such a tight schedule?

Two recent studies suggest it's easier than you think. Short bursts of what's being called "lifestyle exercise," which includes walking, climbing stairs, or doing yard work, can be just as beneficial as traditional fitness programs.

In one study, a group of obese women tried either the lifestyle approach or a three-times-a-week, 45-minute aerobics class. The lifestylists lost the same amount of weight as the aerobiziers, and both groups showed similar

improvements in blood pressure, cholesterol, and fitness levels.

In the other study, 235 sedentary men and women were split into the two exercise camps for two years. Again, the health improvements were nearly identical.

So if you can't find a half-hour every day to go to the gym, just try to work your body a bit harder throughout the day. Park your car at the far end of the parking lot and walk. Take the stairs instead of an elevator whenever you can. Do some vigorous housecleaning, car washing, or plant pruning. Get them to add up to 30 minutes, and you've reached your daily exercise goal.

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DIABETES | the challenge

It's difficult to achieve the right balance of nutrition, exercise and glucose control. But that's what it takes to win.

Keeping diabetes under control, as one health expert recently put it, takes a prescription that no pharmacy can fill: vigilance, discipline and desire. Diabetes is a complex and challenging chronic illness. Though medical advances continue to be made, dealing with it still takes many lifestyle changes. But diabetes can be dealt with.

Balance is the key concept for living well with diabetes. People with the disease need to be disciplined about balancing their nutrition, physical activity and diabetes medicines. They need to be vigilant about keeping blood glucose (also called blood sugar) close to normal. The payoff, much to be desired, is prevention or delay of at least half of the possible complications of diabetes.

Careful and frequent monitoring shows the immediate effects of diet, physical activity and diabetes medicine on glucose level. Knowing that your glucose is too low or too high will inform your day-to-day choices about how to

balance lifestyle and treatment variables. The single most important thing a person with diabetes can do is work with his or her health care team to set a goal for glucose range.

In fact, the latest research makes glucose control seem even more important. The major complication of diabetes is heart disease. People with diabetes are two to four times more likely to suffer a heart attack than people without the disorder. One reason is that high blood-sugar levels damage blood vessels and raise cholesterol levels. New studies suggest that keeping blood sugar stable over time reduces a number of risk factors for heart attack and stroke.

Though there is still no cure for diabetes, new medicines and treatments promise real triumphs. Technological advances promise easier and better blood glucose monitoring. Uncontrolled diabetes can lead to many serious complications, but doctors can now honestly tell their patients that if they have the desire, many of those complications don't need to occur.

A View to Vigilance

There are a number of tests that everyone with diabetes needs to have regularly to track and derail complications:

Get a flu shot (October to mid-November).

- Get a dilated-eye exam to catch retinopathy early.
- Get a foot exam (including a check of circulation and nerves).
- Get a kidney test:
 - Have your urine tested for albumin.
 - Have your blood creatinine measured.
 - Get a 24-hour urine test.
- Get your blood fats checked for:
 - Total cholesterol.
 - High-density lipoprotein (HDL).
 - Low-density lipoprotein (LDL).
 - Triglycerides.
- Get a dental exam at least twice a year (diabetics are prone to gum disease).
- Talk with your health care team about:
 - How well you can tell when you have low blood glucose.
 - How you are treating high blood glucose.
 - Ceasing tobacco use.

For information about Community Health Plan s Diabetes Connections health management program, visit www.mychp.com, click on Health Improvement then select Community Connections.

ALL ABOUT MEN

Many of the health problems that affect men are closely linked to an unhealthy lifestyle that may include stress, lack of exercise, poor nutrition, smoking, and excessive alcohol or drug abuse. It is important to learn about the common health problems affecting men and how they are related. Once you understand the risk factors, you can take preventative steps to improve your health and ensure a better quality of life.

Protect Against Prostate Cancer

The last decade has seen a rise in the incidence of prostate cancer. It is now the second most common cause of cancer death in men. Clearly, it's time for men to be aware of the risk.

The main known risk factors associated with prostate cancer are age, race and family history. The chance of having prostate cancer rises dramatically after age 50. The disease is twice as common in African-American men as it is in Caucasians. If your father or brother had the disease, your personal risk is doubled.

The best way to discover prostate problems is early, through regular screenings. The American Cancer Society recommends an annual prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) for men, starting at age 50.

Even if your tests are clear, some symptoms could indicate a prostate problem. If you have any of the following symptoms, check with your doctor immediately:

- Difficulty urinating.
- Frequent urination (especially at night).
- Pain or burning during urination.
- Blood in your urine.
- Pain in your back, hips or pelvis.

Discovering Colorectal Cancer

Getting screened for colorectal cancer is no one's idea of how to spend a pleasant morning. It's estimated that 56,000 Americans will die from colorectal cancer this year. That

number could be much, much smaller. The disease is curable up to 95 percent of the time when discovered early. Now it appears that an accurate early warning of colorectal cancer can be achieved in hardly any time at all.

A recent study in the *Journal of the National Cancer Institute* reports that a yearly fecal occult blood (FOB) test can reduce the risk of dying from the disease by 33 percent. This simple, quick, noninvasive test detects blood in the stool, which can indicate cancerous tumors located in the intestine.

The American Cancer Society recommends yearly screening for everyone older than age 50. People with a family history of the disease should begin at an earlier age. Talk to your doctor about the FOB test, as well as your risk for colorectal cancer.

Talking About Testicular Cancer

Most young men don't know much about testicular cancer. Yet it's the most common cancer in men between the ages of 15 and 35. More than 7,000 cases are diagnosed every year.

Currently, there is no known way to prevent testicular cancer, but men can save their own lives by detecting it early. New treatments have made the cure rate for this cancer very good in its early stages - more than 95 percent.

Testicular cancer is usually first noticeable as a small, firm, painless lump on one of the testicles. Health experts recommend that men do the job of "noticing" once a month in a testicular self-examination (TSE). The minute or two needed is a great health investment. TSE is most effective right after a shower, when the skin of the scrotum is relaxed. Just gently roll the testicle between thumbs and fingers, feeling for a lump or enlargement. If you find one, contact your physician as soon as possible. It's most likely that the lump is something other than cancer, such as a cyst or enlarged blood vessel. But for something as potentially serious as cancer, you don't want to "play the odds."

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PERSONALIZED | Food Pyramid

The Food Pyramid isn't what it used to be ... it's better! Today's pyramid has thrown the one-diet-fits-all approach out the window, and it is now interactive.

The pyramid's look includes rainbow-colored vertical bands representing the sets of food groups: grains (orange), vegetables (green), fruits (red), milk and milk products (blue), meat and beans (purple), and fats and oils (yellow). The width of each colored band varies according to the proportion of how much of that food group you need each day.

So how much do you need? The pyramid gives you personalized answers to that question based on the USDA dietary guidelines. Unlike the old version, which made the same recommendations for everyone, the new pyramid recognizes that the dietary needs of a 20-year-old woman are not the same as those of a 65-year-old man. There are 12 sets of guidelines tailored to your age, sex, and level of physical activity. This customizable tool, called MyPyramid, is on the Internet at www.mypyramid.gov.

After you enter your age, gender and fitness level, you'll see the appropriate pyramid for your lifestyle. The number of servings recommended for each food group is based on the number of calories you need to maintain a healthy weight. And no longer do you need to guess what one serving means. MyPyramid tells you how much to eat

in terms of recognizable measures like cups and ounces. There's even a photo gallery to show you what particular amounts of many foods look like on a plate. Clicking on each food group provides tips for choosing the most nutrient-rich foods so that you can make the most of the calories you take in each day.

Finally, the other new focus of the pyramid is represented by a set of stairs with the figure of a person climbing up. This graphic reminds us that exercise is a crucial part of good health and maintaining a healthy weight.

The new pyramid Web site provides a wealth of helpful information, dietary tips, and resources. It even offers a tool called MyPyramid Tracker for an "in-depth assessment of your diet quality and physical activity status." Why wait? Use the personalized pyramid to start eating better — and getting healthier — today.

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THE ABCs | of HBP

...continued from Cover

What to Do?

Though HBP can affect anyone at any age, several groups are most at risk. They include African Americans, those who are age 60 and older, those with a family history of HBP, and those who are overweight. Of these particular risk factors, the one we can all control - being overweight - can have a dramatic impact. Blood pressure increases as body weight increases. Often, losing as few as 10 pounds can noticeably lower blood pressure.

There are other simple ways to prevent or control high blood pressure in addition to maintaining a healthy weight:

- Get active. Getting 30 minutes of moderate activity most days of the week is critical for controlling and preventing high blood pressure.

- Eat right. This means including plenty of fruits, vegetables, and whole grains, and cutting down on dietary fats, cholesterol, and especially sodium. Ask your doctor about the DASH diet, which is specifically designed to reduce blood pressure.

- Limit alcohol intake and don't smoke. Both of these habits increase the risk of hypertension, among other conditions.

If your doctor determines that these lifestyle changes are not reducing your blood pressure enough, there are many different types of medications that may help. Always take your medications exactly as prescribed and work with your doctor to find the right treatment plan for you.

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Blood Pressure	Optimal	Normal	High Normal	Hypertension
Systolic	Less than 120	Less than 130	130 - 139	140 or higher
Diastolic	Less than 80	Less than 85	85 - 89	90 or higher

Source: American Heart Association

WELLNESS RECIPE | brought to you by Wellness Connections

Sweet Potato-Pecan Pancakes

1 ¼ cups all-purpose flour
¼ cup chopped pecans, toasted and divided
2 ¼ teaspoons baking powder
1 teaspoon pumpkin-pie spice
¼ teaspoon salt
1 cup fat-free milk

¼ cup packed dark brown sugar
1 tablespoon vegetable oil
1 teaspoon vanilla extract
2 large eggs, lightly beaten
1 (16-ounce) can sweet potatoes or yams, drained and mashed (about ¾ cup)

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 2 tablespoons pecans, baking powder, pumpkin-pie spice, and salt in a large bowl. Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Stir in sweet potatoes.

Spoon about ¼ cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked. Sprinkle pancakes with 2 tablespoons pecans.

Nutritional facts

Serves: 6 (2 pancakes)
Calories: 270
Total fat: 7.9 g
Saturated fat: 1.4 g
Cholesterol: 74 mg

Sodium: 333 mg
Carbohydrates: 42.6 g
Fiber: 2.3 g
Protein: 7.3 g

NOW ONLINE!

Plan information now online!

You can now view plan information online. Just visit www.mychp.com, click on Member Newsletter on the left side of the home page and select Missouri DOI Plan Information to view the following topics:

Dental Coverage
Emergency Coverage
Care Management: review process

If you do not have Internet access, please contact Customer Service at (800) 990-9247 to receive a copy of this information.

When you move ...

Remember to notify Community Health Plan if you move. We send out very important information, and we need your correct address to keep you up-to-date on your benefits. Contact Customer Service at 816-271-1271 or 800-990-9247.

BREAST CANCER | self-defense

Breast cancer can be a deadly disease no matter how old you are. But a woman's chances of getting breast cancer go up as she ages. Once you hit 40, it's very important to get checked by a doctor every year. Breast cancer can often be cured if it's caught in time. That's why you should get a yearly mammogram if you are 40 or older.

Unfortunately, many women stop having their breasts examined when they grow older. This is a

dangerous mistake. If you stay on schedule with yearly mammograms, you can cut the risk of developing serious breast cancer in a big way.

A mammogram is an X-ray of the breast. It can find cancers up to two years before you or your doctor can feel them. So if you haven't had your mammogram in a year, make an appointment right away.

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CHP Mammography Sites

For mammography, contact one of our participating providers from the list below to make an appointment.

Facility	Address	Phone number
Heartland Women's Health	901 Heartland Dr., Ste. 2800, St. Joseph, MO 64507	(816) 271-1200
Heartland Mammography Center	901 Heartland Rd., Ste. 200, St. Joseph, MO 64506	(816) 271-1278
Northwest Medical Center	705 N. College, Albany, MO 64402	(660) 726-3941
Harrison County Community Hospital	2600 Miller Street, Bethany, MO 64424	(660) 425-2211
Cameron Regional Medical Center, Inc.	1600 E. Evergreen, Cameron, MO 64429	(816) 632-2101
Hedrick Medical Center	100 Central St., Chillicothe, MO 64601	(660) 646-1480
Community Hospital	405 E. Main, Fairfax, MO 64446	(660) 686-2211
Wright Memorial Hospital	701 E. First St., Trenton, MO 64683	(660) 359-5621
St. Francis Hospital and Health Services	2016 S. Main St., Maryville, MO 64468	(660) 562-7900
St. Francis Family Health Care	114 E. South Hills Dr., Maryville, MO 64468	(660) 562-2525
Saint Luke's Hospital of Kansas City	4401 Wornall Rd., Kansas City, MO 64111	(816) 932-2600
Saint Luke's Northland Hospital	5830 NW Barry Rd., Kansas City, MO 64154	(816) 891-6000
North Kansas City Hospital	2800 Clay Edwards Dr., Kansas City, MO 64116	(816) 691-2000
Medical Imaging, Inc.	9501 N. Oak Trfy., Ste. 100, Kansas City, MO 64155	(816) 455-0661
Imaging for Women, LLC	630 N.W. Englewood Rd., Kansas City, MO 64118	(816) 453-2700
Diagnostic Imaging Centers, PA	6724 Troost, Ste. 900, Kansas City, MO 64131	(816) 333-8420
Saint Luke's South Hospital	12300 Metcalf Ave., Overland Park, KS 66213	(913) 317-7000
Johnson County Imaging Center	12000 W. 110 th St., Ste. 500, Overland Park, KS 66210	(913) 469-8998
Shawnee Mission Medical Center	9100 W. 74 th St, Shawnee Mission, KS 66204	(913) 676-2000
Saint Luke's East - Lee's Summit	100 NE Saint Luke's Blvd., Lee's Summit, MO 64086	(816) 347-5000



ARE YOU PREGNANT?

As soon as you think you're pregnant, there's one thing you must do to get your new baby off to a healthy start. See your doctor right away.

When you see your doctor, he or she will tell you what you need to do during your pregnancy. The first step will be to set up regular appointments. Your doctor will watch the baby's progress and make sure both mother and child are doing well.

The things you do early in your pregnancy will have a big effect on your child's health. Your doctor will give you some other helpful tips for having a safe pregnancy:

- Eat a healthy, nutritious diet. The doctor will tell you to eat plenty of foods with folic acid. This vitamin

helps prevent some birth defects. Green leafy vegetables, nuts, beans, and citrus fruits are good sources of folic acid. Calcium and iron are also important for your baby's growth.

- Stop bad habits. Cigarettes, alcohol and drugs can cause serious harm to a growing baby. The healthier you are, the better chance you have for a healthy baby.
- Exercise. Most women can exercise while pregnant, but ask your doctor first. Staying in shape will help you when it's time to deliver your child.

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This publication contains health information that is meant to complement your health care provider's advice, not to replace it. Before making changes in your medications, diet or exercise, talk to your doctor.

Community Health Plan
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St. Joseph, MO 64506
(816) 271-1247
(800) 990-9247
Heartland Health Business Plaza
entry hours: 8 a.m. – 4:30 p.m.
www.mychp.com

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Community Health Plan Drug List

January 2008

For the most up-to-date drug list visit www.caremark.com

The **Community Health Plan Drug List** is a guide for clients and their plan participants. **Generics should be considered the first line of prescribing.** If there is no generic available, there may be more than one brand name medicine to treat a condition. These preferred brand name medicines are listed to help identify products that are clinically appropriate and cost-effective. This list represents brand products in CAPS, branded generics in upper and lowercase *italics*, and generic products in lowercase *italics*.

PLAN PARTICIPANT

Your benefit plan provides you with a prescription benefit program administered by Caremark. Ask your doctor to consider prescribing, when medically appropriate, a preferred medicine from this list. Take this list along when you or a covered family member sees a doctor.

Please note:

- Your specific prescription benefit plan design may not cover certain products, regardless of their appearance in this document.
- For specific information regarding your prescription benefit coverage and co-pay¹ information, please visit www.caremark.com or contact a Caremark Customer Care representative.
- Listed products are for informational purposes only and are not intended to replace the clinical judgment of the prescriber.

HEALTH CARE PROVIDER

Your patient is covered under a prescription benefit plan administered by Caremark. As a way to help manage healthcare costs, authorize generic substitution whenever possible. If you believe a brand name product is necessary, consider prescribing a brand name on this list.

Please note:

- Generics should be considered the first line of prescribing.
- This drug list is not inclusive nor does it guarantee coverage, but represents a summary of prescription coverage.
- The plan participant's specific prescription benefit plan may have a different co-pay¹ for specific products on the list.
- Unless specifically indicated, drug list products will include all dosage forms.
- Log in to www.caremark.com to check coverage and co-payments¹ for a specific medicine.

A

ABILIFY
ACCU-CHEK products
ACCUNEB 0.63 mg/3 mL
acetazolamide
acetic acid
acetic acid-
aluminum acetate
acetic acid-hydrocortisone
ACTIVELLA
ACTONEL
ACTONEL WITH CALCIUM
ACTOPLUS MET
ACTOS
ACULAR LS
ACULAR PF
acyclovir
ADDERALL XR
ADVAIR
ADVAIR HFA
ADVICOR
AGGRENOL
albuterol ext-rel
albuterol inhalation soln
alclometasone
dipropionate

ALDARA
ALINIA
ALLEGRA-D
allopurinol
ALOCRIL
ALOMIDE
ALPHAGAN P
alprazolam
ALREX
ALTACE
amantadine
amiodarone
amitriptyline
amlodipine
amlodipine-benazepril
ammonium lactate
amoxicillin
amoxicillin-clavulanate
amphetamine-
dextroamphetamine
anagrelide
ANALPRAM-HC
ANDRODERM
ANDROGEL
ANTABUSE
APIDRA

APOKYN
Apri
Aranelle
ARICEPT
ARIXTRA
ASACOL
ASMANEX
ASTELIN
atenolol
atenolol-chlorthalidone
ATROVENT HFA
AVANDAMET
AVANDARYL
AVANDIA
AVELOX
Aviane
AVODART
azathioprine
AZILECT
azithromycin
AZOPT

B

bacitracin
baclofen
BARACLUDE

BENICAR
BENICAR HCT
BENZACLIN
benztropine
betamethasone
dipropionate
betamethasone
dipropionate augmented
bethanechol
BETIMOL
BETOPTIC S
BIAXIN XL
bisoprolol
bisoprolol-
hydrochlorothiazide
BLEPHAMIDE SOP
brimonidine
bromocriptine
bupropion
*bupropion ext-rel**
buspiron
butalbital-acetaminophen-
caffeine
butalbital-aspirin-caffeine
BYETTA

C

CADUET
calcitriol
Camila
CAMPRAL
CANASA
CAPEX
CARAC
carbamazepine
CARBATROL
carbidopa-levodopa
carbidopa-levodopa ext-rel
CARDIZEM LA
carisoprodol
CATAPRES TTS
cefaclor
cefdinir
CELLCEPT
CENESTIN
CENTANY
cephalexin
Cesia
CETROTIDE
chlordiazepoxide-clidinium
chloroquine

Your specific prescription benefit plan design may not cover certain products, regardless of their appearance in this document. For specific information, visit www.caremark.com or contact a Caremark Customer Care representative.

chlorpromazine
chlorzoxazone
cholestyramine
chorionic gonadotropin
ciclopirox
CIPRO HC
CIPRODEX
ciprofloxacin
ciprofloxacin ext-rel
citalopram
clarithromycin
CLEOCIN OVULE
CLIMARA
CLIMARA PRO
clindamycin oral
clindamycin vag
CLINDESSE
clobetasol propionate
CLOBEX
clomiphene
clomipramine
clonazepam
clonidine
clotrimazole
clozapine
codeine-acetaminophen
codeine-chlorpheniramine-
pseudoephedrine
codeine-guaifenesin
codeine-guaifenesin-
pseudoephedrine
codeine-promethazine
codeine-promethazine-
phenylephrine
colchicine
colestipol
COMBIPATCH
COMBIVENT
COMTAN
CONCERTA
COPAXONE*
CORDRAN lotion
CORDRAN TAPE
COREG
COREG CR
CORTIFOAM
COSOPT
COUMADIN
COZAAR
CREON
CRESTOR
CRINONE 8%
cromolyn
cromolyn sodium
Crysell
CUPRIMINE
cyanocobalamin inj
cyclobenzaprine
cyclosporine-modified
CYMBALTA
cyproheptadine

D
dantrolene
DAPSONE
DEPAKOTE
DEPAKOTE ER
DEPAKOTE SPRINKLE
desipramine
desmopressin
desonide
desoximetasone
DETROL
DETROL LA
dexamethasone
dexmethylphenidate
dextroamphetamine
dextroamphetamine ext-rel
dextromethorphan-
brompheniramine-
pseudoephedrine
dextromethorphan-
promethazine
DIAMOX SEQUEL
DIASTAT
diazepam
diclofenac
dicloxacillin
dicyclomine
DIFFERIN
diflorasone diacetate crm
diflorasone diacetate
emollient crm
diflorasone diacetate oint
diflunisal
digoxin
dihydroergotamine inj
DILANTIN INFATAB
diltiazem ext-rel
DIOVAN
DIOVAN HCT
diphenhydramine
diphenoxylate-atropine
dipyridamole
disopyramide
disopyramide ext-rel
DOVONEX
doxazosin
doxepin
doxycycline hyclate
doxycycline monohydrate
DUAC
DUETACT
DUONEB

E
econazole
EFFEXOR XR
ELIDEL
ELMIRON
ENABLEX

ENBREL*
ENJUVIA
Enpresse
ENTOCORT EC
EPIPEN
EPIPEN JR
EPIVIR-HBV
ergocalciferol
ergotamine-caffeine tablet
Errin
erythromycin
erythromycin delayed-rel
erythromycin ethylsuccinate
erythromycin stearate
erythromycin-
benzoyl peroxide
ESTRACE VAG CREAM
ESTRADERM
estradiol
estradiol transdermal
ESTRING
estropipate
ethambutol
ethosuximide
etodolac
EURAX
EVISTA
EVOXAC
EXELON

F
FAZACLO
FEMHRT
FEMRING
fenofibrate
fentanyl transdermal
fexofenadine
FINACEA
finasteride
flecainide
FLOMAX
FLOVENT
FLOVENT HFA
FLOXIN OTIC
fluconazole
fludrocortisone
fluocinolone acetonide
fluocinonide
fluoride drops
fluoride tablet
fluorometholone 0.1% susp
fluorouracil
fluoxetine
fluphenazine
fluticasone
fluticasone propionate
fluvoxamine
FOCALIN XR
FORADIL
FORTEO

FOSAMAX
FOSAMAX PLUS D
fosinopril
fosinopril-
hydrochlorothiazide
FOSRENOL
FRAGMIN
FURADANTIN
furosemide

G
gabapentin
GABITRIL
ganciclovir capsule
GANIRELIX
gentamicin
GEODON
glimepiride
glipizide
glipizide ext-rel
glipizide-metformin
GLUCAGON
glyburide
glyburide-metformin
GONAL-F
GONAL-F RFF
guanfacine

H
HALFLYTELY
halobetasol propionate
haloperidol
HECTOROL
HEPSERA
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HUMATROPE
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hydralazine
hydrochlorothiazide
hydrocodone-
acetaminophen
hydrocodone-
chlorpheniramine-
phenylephrine
hydrocodone-homatropine
hydrocortisone
hydrocortisone butyrate
hydrocortisone enema
hydrocortisone valerate
hydromorphone
hydroxychloroquine
hydroxyzine HCl
hyoscyamine
HYZAAR

I
ibuprofen
imipramine
IMITREX

indomethacin
indomethacin ext-rel
INFERGEN
INNOHEP
INTAL INHALER
INTRON A*
INVEGA
ipratropium soln
isoniazid
isosorbide dinitrate
isosorbide dinitrate ext-rel
isosorbide mononitrate
isosorbide mononitrate
ext-rel
isotretinoin
itraconazole

J
JANUMET
JANUVIA
Jolivette
Junel

K
KADIAN
Kariva
KEPPRA
ketoconazole shampoo
ketoconazole topical
ketotifen
KINERET
K-PHOS ORIGINAL
KRISTALOSE

L
lactulose
LAMICTAL tablet
lamotrigine ODT
LANTUS
Lessina
LEVAQUIN
LEVEMIR
Levora
levothyroxine
Levoxyl
LEXAPRO
lidocaine HC
LIPITOR
lisinopril
lisinopril-
hydrochlorothiazide
lithium carbonate
lithium carbonate ext-rel
loperamide
lorazepam
LOTEMAX
LOVAZA
LOVENOX
Low-Ogestrel
LUMIGAN
LUNESTA
LUXIQ
LYRICA

M

MALARONE
 MAXALT
 mebendazole
 medroxyprogesterone
 mefloquine
 MEGACE ES
 megestrol acetate
 meloxicam
 MENTAX
 MEPHYTON
 mesalamine
 MESTINON TIMESPAN
 METADATE CD
 metformin
 metformin ext-rel
 methazolamide
 methimazole
 methocarbamol
 methotrexate
 methyl dopa
 METHYLIN
 methylphenidate
 methylphenidate ext-rel
 methylprednisolone
 metolazone
 metoprolol
 metoprolol-
 hydrochlorothiazide
 metoprolol succinate ext-rel
 METROGEL
 metronidazole oral
 metronidazole topical
 metronidazole vag gel
 mexiletine
 MIACALCIN
 Microgestin
 Microgestin FE
 midodrine
 MIGRANAL
 minocycline
 MIRAPEX
 mirtazapine
 misoprostol
 mometasone furoate
 Mononessa
 morphine
 morphine ext-rel
 morphine supp
 multivitamins-fluoride
 multivitamins-fluoride-iron
 mupirocin

N

nabumetone
 nadolol
 NAMENDA
 naproxen
 naproxen sodium
 NASACORT AQ

NASONEX
 Necon 1/50
 Necon 7/7/7
 neomycin-polymyxin B-
 bacitracin-hydrocortisone
 neomycin-polymyxin B-
 dexamethasone
 neomycin-polymyxin B-
 gramicidin
 neomycin-polymyxin B-
 hydrocortisone susp
 neomycin-polymyxin-
 hydrocortisone
 NEULASTA*
 NEUPOGEN*
 NIASPAN
 nicotine transdermal
 nifedipine ext-rel
 nitrofurantoin macrocrystals
 nitroglycerin sublingual
 nitroglycerin transdermal
 NITROLINGUAL
 NORDITROPIN
 norethindrone acetate
 Nortrel
 nortriptyline
 NOVOLIN INSULINS
 NOVOLOG
 NOVOLOG MIX
 NULYTELY
 NUVARING

O

ofloxacin ophth
 ofloxacin otic
 OLUX
 omeprazole**
 ONETOUCH products
 OPTIVAR
 ORACEA
 orphenadrine-aspirin-
 caffeine
 ORTHO TRI-CYCLEN LO
 OVACE WASH
 OVIDE
 OVIDREL
 oxaprozin
 oxazepam
 OXISTAT
 OXSORALEN ULTRA
 oxybutynin
 oxybutynin ext-rel
 oxycodone
 oxycodone ext-rel
 oxycodone soln
 oxycodone-acetaminophen
 OXYCONTIN
 OXYTROL

P

PARCOPA
 paroxetine HCl
 PATADAY
 PATANOL
 PAXIL CR
 PEGASYS*
 PEG-INTRON*
 PEG-INTRON REDIPEN*
 penicillin VK
 PENTASA
 permethrin 5%
 perphenazine
 phenazopyridine
 phenobarbital
 phenytoin
 PHOSLO
 pilocarpine ophth
 pilocarpine tablet
 PLAN B
 PLAVIX
 podofilox
 polyethylene glycol
 polymyxin B-bacitracin
 polymyxin B-trimethoprim
 Portia
 potassium citrate
 PRANDIN
 pravastatin
 PRECOSE
 PRED MILD
 prednisolone acetate
 prednisolone phosphate
 prednisolone syrup
 prednisolone tablet
 prednisone liquid
 prednisone tablet
 PREFEST
 PREMARIN
 PREMARIN VAG CREAM
 PREMPHASE
 PREMPRO
 PRENATE ELITE
 Previfem
 PRILOSEC OTC
 primidone
 PROAIR HFA
 probenecid
 PROCHIEVE 4%
 PROCHIEVE 8%
 PROCRI*
 PROCTOFOAM-HC
 PROGRAF
 PROMETRIUM
 propafenone
 propranolol
 propranolol ext-rel
 propylthiouracil
 PROTOPIC
 PROVENTIL HFA
 PULMICORT

PULMOZYME
 pyrazinamide
 pyridostigmine

Q

Quasense
 quinapril
 quinapril-
 hydrochlorothiazide
 Quinaretic
 QUIXIN
 QVAR

R

RANEXA
 ranitidine
 RAPAMUNE
 RAZADYNE
 RAZADYNE ER
 REBETOL soln
 REBIF
 RENAGEL
 REQUIP
 RETIN-A MICRO
 REVATIO
 RHINOCORT AQUA
 ribavirin
 RIDAURA
 rifampin
 rimantadine
 RISPERDAL
 RITALIN LA
 ROFERON-A*
 RYTHMOL SR

S

salsalate
 selegiline
 selenium sulfide shampoo
 SENSIPAR
 SEREVENT
 SEROQUEL
 sertraline
 silver sulfadiazine
 simvastatin
 SINGULAIR*
 SKELAXIN
 SORIATANE
 sotalol
 sotalol AF
 SPIRIVA
 spironolactone
 spironolactone-
 hydrochlorothiazide
 Sprintec
 STALEVO
 STRATTERA
 sucralfate
 SULAR
 sulfacetamide
 sulfacetamide-
 prednisolone phosphate
 sulfacetamide-sulfur

sulfasalazine
 sulfasalazine delayed-rel
 sulfamethoxazole-
 trimethoprim DS
 sulindac
 SYMBICORT
 SYNAREL
 SYNTHROID

T

TAMIFLU
 tamoxifen
 TARGRETIN
 TARKA
 TAZORAC
 TEGRETOL XR
 temazepam
 terazosin
 terbinafine tablet*
 terbutaline
 terconazole cream
 terconazole supp
 tetracycline
 TEV-TROPIN
 THEO-24
 theophylline
 theophylline ext-rel
 thioridazine
 thiothixene
 TIKOSYN
 TILADE
 timolol
 TINDAMAX
 tizanidine
 TOBI
 TOBRADEX
 tobramycin
 TOPAMAX
 torsemide
 TRACLEER
 tramadol
 TRAVATAN
 TRAVATAN Z
 trazodone
 tretinoin*
 TREXALL
 triamcinolone acetonide
 triamterene-
 hydrochlorothiazide
 triazolam
 TRICOR
 trifluoperazine
 trifluridine
 trihexyphenidyl
 TRILEPTAL
 trimethoprim
 Trinessa
 Tri-Previfem
 Tri-Sprintec
 Trivora
 TRUSOPT
 TYZEKA

U

ULTRASE
 ULTRASE MT
 URSO
 URSO FORTE
ursodiol

V

VAGIFEM
 VALCYTE
valproic acid
 VALTRES
 VANCOCIN
Velivet
venlafaxine
verapamil ext-rel
 VESICARE

VIGAMOX

VIOKASE
 VISICOL
vitamin ADC-fluoride
vitamin ADC-fluoride-iron
 VIVELLE
 VIVELLE-DOT
 VOLTAREN OPHTH
 VYTORIN

W

warfarin
 WELCHOL
 WELLBUTRIN XL 150 mg*

X

XALATAN
 XOPENEX
 XOPENEX HFA

Y

YASMIN
 YAZ

Z

ZEMPLAR
 ZETIA
zolpidem
 ZOMIG
zonisamide
Zovia
 ZYLET
 ZYMAR
 ZYPREXA
 ZYRTEC
 ZYRTEC-D 12 HOUR
 ZYVOX

FOR YOUR INFORMATION: Generics should be considered the first line of prescribing. This Community Health Plan Drug List is not inclusive nor does it guarantee coverage, but represents a summary of prescription coverage. The plan participant's prescription benefit plan may have a different co-pay¹ for specific products on the list. Unless otherwise indicated, drug list products will include all dosage forms. This list represents brand products in CAPS, branded generics in upper and lowercase *italics*, and generic products in lowercase *italics*. Generics listed are for representational purposes only and are not meant to be all-inclusive. Listed products may be available generically in certain strengths or dosage forms. This is not a complete list of all formulary products. Any brand name drug for which a generic product becomes available may be designated as a non-formulary product. Log in to www.caremark.com to check coverage and co-payments for a specific medicine.

¹ Co-payment or co-pay means the amount a plan participant is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan.

* May require prior authorization from Community Health Plan for coverage.

** May not be covered for all groups.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

This Community Health Plan Drug List contains prescription brand name medicines that are registered or trademarks of pharmaceutical manufacturers. Listed products are for informational purposes only and are not intended to replace the clinical judgment of the prescriber.