



# Pharmacy Management

## Aetna Co-Pay and Medical Exception for Statin Use for the Primary Prevention of Cardiovascular Disease in Adults (Affordable Care Act - Preventive Care Services)

### **PURPOSE:**

The purpose of this policy is to define covered products and to create a pathway for approval of a copay exception in situations where a statin not normally covered at zero dollar copay is determined to be medically necessary.

### **BACKGROUND:**

The United States Preventive Service Task Force (USPSTF) recommends that adults without a history of cardiovascular disease (CVD) (i.e., symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when **ALL** of the following criteria are met:

- 1) They are aged 40 to 75 years; **AND**
- 2) They have 1 or more CVD risk factors (ie, dyslipidemia, diabetes, hypertension, or smoking); **AND**
- 3) They have a calculated 10-year risk of a cardiovascular event of 10% or greater

Aetna will cover Atorvastatin 10mg, Atorvastatin 20mg, Simvastatin 5mg, Simvastatin 10mg, Simvastatin 20mg and Simvastatin 40mg for members between 40-75 years of age at a zero dollar copay with no restriction besides current quantity limits.

### **MEDICAL EXCEPTION COVERAGE POLICY:**

Aetna will cover other generic or brand statins, which are currently available in the market at a zero dollar copay, if the provider or member answers yes to **ALL** of the following questions:

1. Is the statin being used for primary prevention?
2. Is the member 40-75 years of age? **AND**
3. Does the member have at least 1 CVD risk? **AND**
  - a. Dyslipidemia
  - b. Diabetes
  - c. Hypertension
  - d. Smoking
4. Does the member have a calculated 10 year risk of a cardiovascular event of 10% or greater? **AND**
5. Does the member have a documented contraindication, allergy, or intolerance, to atorvastatin **AND** simvastatin **OR** documented failure of an adequate trial of one month of both simvastatin 5mg – 40mg **AND** atorvastatin 20mg?

AUTHORIZATION PERIOD AND LIMITATIONS Initial Approval: 1 year

Extended Approval: 1 year

### **WHY ARE EXCEPTIONS TO THE \$0 COVERAGE REQUIREMENT REQUIRED?**

The ACA requires that health plans provide coverage of statins with no cost sharing requirements to the member. The purpose of this policy is to allow statins to be covered at a zero dollar copay when members meet the medical criteria.

### **WHAT IS INVOLVED IN OBTAINING A MEDICAL NECESSITY REVIEW OR COPAY EXCEPTION?**

To a request copay exception, the prescribing doctor must contact Aetna Precertification to request approval of the drug to be covered without a member cost share. The request will be reviewed within 72 hours.

### **HOW IS NOTIFICATION OF THE MEDICAL NECESSITY OR COPAY EXCEPTION DETERMINATION COMPLETED?**

- If the request is approved, the physician will be notified. The requested drug will then be covered with no member cost share. Notification to members will also be provided when required by the state.
- If the request is denied, both the member and the physician will be notified. In the notification, Appeal rights and processes will be outlined and provided.

### **REFERENCES:**

1. Mensah GA, Brown DW. An overview of cardiovascular disease burden in the United States. Health Affairs. 2007 Jan-Feb;26(1):38-48. PMID: 17211012.
2. Hoyert DL. 75 years of mortality in the United States, 1935-2010. NCHS Data Brief. 2012 Mar(88):1-8. PMID: 22617094.
3. Minino AM. Death in the United States, 2011. NCHS Data Brief. 2013 Mar(115):1-8. PMID: 23742756.
4. Stone et al. 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults.

**<http://circ.ahajournals.org/lookup/suppl/doi:10.1161/01.cir.0000437738.63853.7a/-/DC1>**.