

## How to Use This Guide

Within this guide you will find commonly prescribed medications listed by medication category. Refer to this list with your doctor to select the right medication to meet your needs. All strengths of a medication listed on the Pocket Formulary are considered preferred unless otherwise noted.

This guide lists preferred Co-pay Tier 1 and Co-pay Tier 2 medications:

- Co-pay Tier 1 – Lowest-Cost Option. These are typically generic medications and are the lowest out-of-pocket expense.
- Co-pay Tier 2 – Midrange-Cost Option. These are typically Brand name medications.

\*An asterick next to a medication indicates that the medication is part of the Progressive Medication Program (PMP). This means that a trial of a first-line medication(s) is required prior to coverage of a second-line medication.

First-Line Medications	Second-Line Medications
simvastatin, pravastatin, lovastatin	Crestor
omeprazole (otc, Rx) Prevacid OTC	Prevacid, pantoprazole Kapidex
benazepril/-HCT, enalapril/-HCT, fosinopril/-HCT, lisinopril/-HCT, quinapril/-HCT, ramipril/-HCT	Diovan, Diovan/-HCT, Cozaar, Hyzaar, Exforge Valturna

**Note: This Pocket Formulary is not a comprehensive list. For a complete listing, please go to the formulary on our Web site at [www.avmed.org](http://www.avmed.org).**

CATEGORY	CLASS	CO-PAY TIER 1 (LOWEST COST OPTION) PREFERRED GENERICS	CO-PAY TIER 2 (MIDRANGE COST OPTION) PREFERRED BRANDS
Antihistamine	2nd generation	alavert, cetirizine, fexofenadine, loratadine	
Anti-Anxiety	Benzodiazepines Other	alprazolam, diazepam, lorazepam, oxazepam buspirone, chlorazepate, chlordiazepoxide	
Anti-Diabetics	Oral medications Insulins Diabetic supplies	glimepiride, glipizide, glyburide, metformin	Actos, Avandia, Januvia Humalog, Humulin, Lantus Accu-Chek Meters/Strips
Anti- Inflammatory	NSAIDS Corticosteroids	diclofenac, ibuprofen, meloxicam, naproxen, dexamethasone, methylprednisolone, prednisone	Orapred
Antibiotics	Penicillins Quinolones Cephalosporins Macrolides	amoxicillin, amoxicillin/clavulanate, penicillin ciprofloxacin, ofloxacin cefadroxil, cefdinir, cefpodoxime, cephalexin azithromycin, clarithromycin, erythromycin	Augmentin XR Avelox
Anti-seizure	All classes	carbamazepine, divalproex, gabapentin, lamotrigine, levetiracetam, phenytoin, topiramate	Gabitril, Keppra XR
Anti-Depressants	SSRIs Other	citalopram, fluoxetine, paroxetine, sertraline amitriptyline, buprepiion (SR/XL), venlafaxine	Effexor XR, venlafaxine XR
Antipsychotic	Atypical	risperidone	Abilify, Geodon, Seroquel, Zyprexa
Antimigraine	Triptans Other	sumatriptan apap/butalbital/caffeine, isometh/apap/dichlor	Maxalt, Maxalt-MLT, Relpax
Cardiovascular Agents	ACE Inhibitors (ACEI) ACEI/CCB Combo Alpha/Alpha-Beta Anti-coagulants ARB/ARB Combo Beta-blocker Calcium Channel Blocker Lipid Reducers	benazepril, fosinopril, lisinopril, quinapril, ramipril amlodipine/benazepril doxazosin, labetalol, prazosin, terazosin warfarin atenolol, carvedilol, metoprolol, propranolol amlodipine, diltiazem, nifedipine, verapamil lovastatin, pravastatin, simvastatin, fenofibrate	Lotrel (5/40mg, 10/40mg) Effient, Plavix Cozaar*, Diovan/-HCT*, Hyzaar*, Exforge*, Valturna*
GI Agents	H2 Antagonist Bowel Agents PPIs	cimetidine, famotidine, ranitidine balsalazide, mesalamine enema, sulfasalazine omeprazole (OTC, Rx), pantoprazole*, lansoprazole*, Prevacid 24hr	Asacol, Entocort EC, Pentasa Kapidex*
HRT Agents	Estrogen/Combo	estradiol, estradiol patch, estropipate	Activella, Cenestin, Combipatch, Estraderm, Evista, FemHRT, Femtrace, Menest, Prefest, Premphase, Prempro
Ophthalmic	Antibiotic Glaucoma	ciprofloxacin, tobramycin dorzolamide, timolol, dorzolamide/timolol pilocarpine, timolol	Vigamox, Zymar Azopt, Betimol, Betoptic-S, Istalol, Pilopine HS, Travatan, Xalatan
Osteoporosis	Bisphosphonates	alendronate	
Respiratory Agents	Nasal Inhalers Steroid MDI Bronchodilator	fluticasone ipratropium	Astelin, Astepro, Nasonex, Nasacort AQ Advair, Asmanex, Flovent, Pulmicort, Symbicort Combivent, Foradil, Serevent, Spiriva, Ventolin HFA
Sedatives	All classes	temazepam, zaleplon, zolpidem	Rozerem

\*This medication is part of the Progressive Medication Program (PMP).

## Helpful Hints

This pocket formulary includes the medication categories most often used by AvMed members. Note that these are the most commonly prescribed medication classes.

For a comprehensive list of AvMed's preferred medications, visit [www.avmed.org](http://www.avmed.org). You may request a printed copy by calling the AvMed Member Services number listed on your AvMed ID card, 24 hours a day, 7 days a week.

- Take this Pocket Formulary with you to your next doctor's appointment and ask if generic drugs are a good option for you.
- Always check to make sure your prescription is covered by AvMed. If not, ask your doctor for an alternative.
- Covered generic medications are preferred and will be dispensed when available.
- All strengths of a medication listed on the Pocket Formulary are considered preferred unless otherwise noted.

**This Pocket Formulary is subject to change. To view the most up-to-date document, please visit [www.avmed.org](http://www.avmed.org).**

## Recently Approved Generics

The following medications were added to the Preferred Medication List during the fourth quarter of 2009:

- **brimonidine ophthalmic solution 0.15%: generic for Alphagan P 0.15%**
- **ketorolac ophthalmic solution: generic for Acular and Acular LS**
- **lansoprazole: generic for Prevacid**
- **perindopril: generic for Aceon**
- **tramadol ER: generic for Ultram ER**
- **phenytoin ER 200/300mg: generic for Phenytek**
- **azelastine ophthalmic solution: generic for Optivar**
- **valacyclovir: generic for Valtrex**

## Generics Save You Money

FDA-approved generic products are just as effective and safe as the brand name products. Generic medications contain identical active ingredients, are used for the same purposes, meet the same manufacturing standards and are identical in strength and dosage form as brand name medications. Using a generic alternative can save you money!

**generics  
work!**  
Safe. Effective. FDA-approved.

## Mail Order

Using mail order to fill your maintenance medications can save you money. Contact AvMed's Member Services or refer to your benefits for an explanation of your coverage for filling medications through our mail-order pharmacy provider.

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# 2010 Pocket Formulary



**Your Guide to AvMed's Top Prescribed  
Categories of Medications  
For AvMed's Commercial Products**

**Clinical Pharmacy Management**  
4300 NW 89th Blvd.  
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