



a Point32Health company

**Tufts Health Plan Senior Care Options (HMO-SNP)**

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# **2026 Step Therapy Medical Necessity Guidelines**

Effective: February 1, 2026

# ANTIDEPRESSANTS

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## Products Affected

- Emsam
- Exxua
- Fetzima
- Fetzima Titration Pack

## Details

<b>Criteria</b>	Bupropion, bupropion SR, bupropion XL, citalopram, desvenlafaxine ER, duloxetine delayed-release capsules, escitalopram, fluoxetine, fluoxetine delayed-release, fluvoxamine, paroxetine, sertraline, venlafaxine and venlafaxine ER are on Step-1 and are covered without prior authorization. Emsam, Fetzima, and Exxua are on Step-2 and will be covered if the member has filled for a Step-1 or Step-2 medication within the previous 180 days as evidenced by a paid claim or physician documentation.
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# ATYPICAL ANTIPSYCHOTICS

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## Products Affected

- Asenapine Maleate SI
- Fanapt
- Fanapt Titration Pack A
- Fanapt Titration Pack B
- Fanapt Titration Pack C

## Details

<b>Criteria</b>	Aripiprazole, lurasidone, olanzapine, olanzapine-fluoxetine, quetiapine, risperidone and ziprasidone are on Step-1 and covered without authorization. Asenapine and Fanapt are on Step-2 and will be covered if the member has filled for one or more Step-1 or Step-2 medications within the previous 180 days as evidenced by a paid claim or physician documentation.
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# INHALED CORTICOSTEROIDS

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## Products Affected

- Fluticasone Propionate Diskus
- Fluticasone Propionate Hfa

## Details

<b>Criteria</b>	QVAR is on Step-1 and covered without authorization. Fluticasone is on Step-2 and will be covered if the member has filled for one or more Step-1 medications within the previous 180 days as evidenced by a paid claim or physician documentation.
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# INTERFERONS

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## Products Affected

- Rebif
- Rebif Rebidose
- Rebif Rebidose Titration Pack
- Rebif Titration Pack

## Details

<b>Criteria</b>	Avonex, Betaseron, and Plegridy are on Step-1 and covered without prior authorization. Rebif and Rebif Rebidose are on Step-2 and will be covered if the member has filled for two or more Step-1 medications within the previous 180 days as evidenced by a paid claim or physician documentation.
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