

To get the most out of your pharmacy benefit, talk with your provider about using the products that are on our formulary (list of covered drugs). Using only those products that are on our formulary can save you money.

### If You Have Asthma

**We cover many medications used to manage asthma.** Asthma medications may be categorized in one of two ways.

- **Controller** medications should be used regularly to prevent asthma symptoms.
- **Rescue** medications should be used infrequently, when immediate relief of asthma symptoms (wheezing, trouble breathing, coughing) is needed.

Examples of commonly used, covered products include:

**GENERICS** (You will pay the least amount out of your own pocket for generic drugs)

*Controller Medications:*

- Budesonide (nebulizer suspension available on \$0 copay list)
- Cromolyn
- Montelukast (available on \$0 copay list)
- Theophylline (available on \$0 copay list)
- Zafirlukast

*Rescue Medications:*

- Albuterol (some dosage forms available on \$0 copay list)
- Levalbuterol

### PREFERRED DRUGS

*Rescue Medication:* Ventolin HFA

*Controller Medications:*

- Advair Diskus
- Advair HFA
- Arnuity Ellipta
- Asmanex
- Breo Ellipta
- Flovent Diskus
- Flovent HFA (available on \$0 copay list)
- Pulmicort Flexhaler
- QVAR
- Serevent Diskus
- Spiriva Respimat
- Symbicort

### If You Have Diabetes

**We cover many medications and supplies used to manage diabetes.**

Covered insulins available at a **preferred-brand copay** include:

- Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba
- Short-acting insulin: Novolog
- Novo insulins, including Novolin N, Novolin R, Novolin Mix 70/30

Covered supplies available at a **preferred-brand copay** include:

- One Touch Ultra Blue Test Strips
- One Touch Verio Test Strips
- Lancets (Advocate, Fingerstix, Techlite)

Covered single-agent metformin products include:

- Metformin immediate-release—generic for Glucophage® (generic drug copay)
- Metformin extended-release, 500mg and 750mg—generic for Glucophage XR® (generic drug copay)

True Health New Mexico also covers many other oral and injectable drugs that treat diabetes. Please review our 2019 Prescription Drug Formulary at [truehealthnewmexico.com/Formulary.aspx](http://truehealthnewmexico.com/Formulary.aspx) for details. Diabetes medications are listed on pages 72-75 of the small group formulary and 61-64 of the large group formulary.