

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.

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. 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 (nebulizer solution available on \$0 copay list)
- Montelukast (available on \$0 copay list)
- Theophylline (available on \$0 copay list)
- Zafirlukast (available on \$0 copay list)

Rescue Medications:

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

BRAND-NAME DRUGS

Rescue Medication: Ventolin HFA (preferred brand)

Controller Medications:

- Advair Diskus
- Advair HFA
- Arnuity Ellipta
- Asmanex
- Breo Ellipta
- Flovent Diskus
- Flovent HFA
- Pulmicort Flexhaler
- QVAR
- Serevent Diskus
- Symbicort

If You Have Diabetes

We cover many medications and supplies used to manage diabetes. To get the most out of your pharmacy benefit, talk with your provider about using the products that are on our formulary. Using only those products that are on our formulary can save you money.

Covered insulins include:

- Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba
- Short-acting insulin: Novolog
- Novo Insulins: Novolin N, Novolin R, Novolin 70/30, Novolog Mix
- Lilly insulins, Humulin R U-500 only

Covered supplies include:

- One Touch Ultra Blue Test Strips
- One Touch Verio Test Strips

True Health New Mexico also covers many other oral and injectable drugs that treat diabetes. Please review our formulary for details.